

## Challenge Round Physical: Plank Off

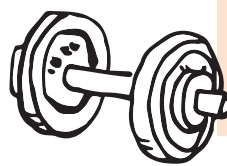


### Materials list:

- None!

### Scoring

- 1st Place – 5 points
- 2nd Place – 3 points
- 3rd Place – 1 point



### Setup

1. Ensure there is sufficient space for a member of each team to hold a plank on the floor.
2. Introduce the challenge with the following:  
“Teams, your next challenge will be a feat of endurance. Choose a member of your team. Your chosen team member must hold a plank for as long as possible. Only your forearms and toes can touch the floor – if any other parts of the body touch, that team is eliminated. The winner is the last team left planking. First place will get five points, second place three points and third place one point.”
3. If you have exceptionally strong teams (or want to break a tie), you can make this harder by asking contestants to raise a foot off the ground. To make it even harder, you can then ask them to raise their opposite arm too!