

RED SUN FITNESS PROGRAM

PLANK



Hold the plank for as long as you can

- Back must be mostly parallel to the floor
- Neck must be straight, not hanging down or arched up
- Stop if body gets out of alignment or if student collapses and dies

AGE	BRONZE (seconds)	SILVER (seconds)	GOLD (seconds)
5-7	18	32	38
8-9	34	53	66
10-11	46	1 min 12 sec	1 min 33 sec
12-13	58	1 min 38 sec	2 min 12 sec
14-15	1 min 15 sec	1 min 55 sec	2 min 32 sec
16-17	2 min	2 min 51 sec	3 min 38 sec
18-25	2 min 45 sec	2 min 57 sec	3 min 2 sec
26-35	2 min 15 sec	2 min 33 sec	2 min 42 sec
36-45	1 min 36 sec	2 min 4 sec	2 min 31 sec
46-55	1 min 22 sec	1 min 46 sec	2 min 23 sec
56-65	60	1 min 39 sec	2 min 7 sec
65+	26	48	1 min 21 sec