

# 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

| <b>AGE</b> | <b>BRONZE</b><br>(seconds) | <b>SILVER</b><br>(seconds) | <b>GOLD</b><br>(seconds) |
|------------|----------------------------|----------------------------|--------------------------|
| 5-7        | 21                         | 35                         | 56                       |
| 8-9        | 37                         | 56                         | 68                       |
| 10-11      | 49                         | 1 min 15 sec               | 1 min 43 sec             |
| 12-13      | 62                         | 1 min 42 sec               | 2 min 32 sec             |
| 14-15      | 1 min 18 sec               | 1 min 58 sec               | 2 min 52 sec             |
| 16-17      | 2 min                      | 2 min 54 sec               | 3 min 58 sec             |
| 18-25      | 2 min 48 sec               | 2 min 57 sec               | 3 min 52 sec             |
| 26-35      | 2 min 18 sec               | 2 min 36 sec               | 3 min 2 sec              |
| 36-45      | 1 min 40 sec               | 2 min 8 sec                | 2 min 51 sec             |
| 46-55      | 1 min 25 sec               | 1 min 50 sec               | 2 min 43 sec             |
| 56-65      | 60                         | 1 min 42 sec               | 2 min 27 sec             |
| 65+        | 26                         | 48                         | 1 min 41 sec             |

A recent study on 168 college students found that your average college-aged female has a plank time of about 1 minute, 30 seconds, while an average college-aged male has a plank time of about 1 minute, 46 seconds