



MAY COPENHAGEN PLANK CHALLENGE

3 x/wk for the Month of May

Why?

Because as we head into May, this is typically when dynamic activities levels ramp up—more golf, tennis, running, soccer...dynamic
And with that?

A possible spike in aches, pains, if not prepared

The Copenhagen plank targets the adductors (inner thighs) which play a major role in:

- Hip Stability
- Knee alignment and control.
- Pelvic Stability
- Confidence in Cutting/pivoting, directional change

Who Can benefit?

- Recreational runners
- Golfers
- Tennis and pickleball players
- Soccer, basketball, and field sport athletes
- General fitness clients

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Your May Challenge

Here's your simple challenge for the month of May:

Choose your Copenhagen plank level (watch the videos in our blog/socials!)

Perform it 2-3 sets 3x per week, **log on your tracker**

Stay consistent for 4 weeks

Level 1 - bent knee side plank squeezing ball/yoga block 5 x 5sec each side

Level 2a - bent knee, top knee on bench 15-20 sec isometric each side

Level 2b - bent knee, top knee on bench 5x5 sec lift and lower

Level 3 - straight leg, ankle on bench 15-20 sec each side

MAY COPENHAGEN PLANK CHALLENGE



Tracker

MONTH _____

SUN	MON	TUE	WED	THU	FRI	SAT

3 x/wk for the Month of May
2-3 sets each time at chosen level

PRE/DURING CHALLENGE REFLECTION

- WHAT LEVEL WILL I START AT?

- WHEN WILL I DO MY PLANKS?

- HOW HARD WAS MY FIRST TIME?

- WHAT WEEK DID IT GET EASIER?

- CONSISTENT EACH WEEK?
WK1? WK2? WK3? WK4?

POST CHALLENGE REFLECTION

- BETTER BALANCE
- KNEES FEEL STRONGER
- MORE "STABLE" RUNNING/CUTTING
- HIPS FEEL STRONGER

ANYTHING ELSE TO SHARE WITH YOUR TRAINERS?