

# 4 Tums, Bums & Arms WEEK Challenge

<b>1</b> 45 secs <b>PLANK</b> 50 <b>SQUATS</b> 5 <b>PUSH UPS</b>	<b>2</b> 45 secs <b>PLANK</b> 55 <b>SQUATS</b> 6 <b>PUSH UPS</b>	<b>3</b> 50 secs <b>PLANK</b> 60 <b>SQUATS</b> 7 <b>PUSH UPS</b>	<b>4</b> 50 secs <b>PLANK</b> <b>REST</b> 8 <b>PUSH UPS</b>	<b>5</b> 55 secs <b>PLANK</b> 65 <b>SQUATS</b> 9 <b>PUSH UPS</b>	<b>6</b> 60 secs <b>PLANK</b> 70 <b>SQUATS</b> 10 <b>PUSH UPS</b>	<b>7</b> <b>REST DAY</b>
<b>8</b> 55 secs <b>PLANK</b> 75 <b>SQUATS</b> 10 <b>PUSH UPS</b>	<b>9</b> 60 secs <b>PLANK</b> 80 <b>SQUATS</b> 11 <b>PUSH UPS</b>	<b>10</b> 60 secs <b>PLANK</b> 85 <b>SQUATS</b> 12 <b>PUSH UPS</b>	<b>11</b> 65 secs <b>PLANK</b> <b>REST</b> 13 <b>PUSH UPS</b>	<b>12</b> 65 secs <b>PLANK</b> 90 <b>SQUATS</b> 14 <b>PUSH UPS</b>	<b>13</b> 70 secs <b>PLANK</b> 95 <b>SQUATS</b> 15 <b>PUSH UPS</b>	<b>14</b> <b>REST DAY</b>
<b>15</b> 70 secs <b>PLANK</b> 100 <b>SQUATS</b> 15 <b>PUSH UPS</b>	<b>16</b> 75 secs <b>PLANK</b> 105 <b>SQUATS</b> 16 <b>PUSH UPS</b>	<b>17</b> 80 secs <b>PLANK</b> 110 <b>SQUATS</b> 17 <b>PUSH UPS</b>	<b>18</b> 80 secs <b>PLANK</b> <b>REST</b> 18 <b>PUSH UPS</b>	<b>19</b> 85 secs <b>PLANK</b> 115 <b>SQUATS</b> 19 <b>PUSH UPS</b>	<b>20</b> 90 secs <b>PLANK</b> 120 <b>SQUATS</b> 20 <b>PUSH UPS</b>	<b>21</b> <b>REST DAY</b>
<b>22</b> 95 secs <b>PLANK</b> 125 <b>SQUATS</b> 20 <b>PUSH UPS</b>	<b>23</b> 100 secs <b>PLANK</b> 130 <b>SQUATS</b> 21 <b>PUSH UPS</b>	<b>24</b> 105 secs <b>PLANK</b> 135 <b>SQUATS</b> 22 <b>PUSH UPS</b>	<b>25</b> 110 secs <b>PLANK</b> <b>REST</b> 23 <b>PUSH UPS</b>	<b>26</b> 110 secs <b>PLANK</b> 140 <b>SQUATS</b> 24 <b>PUSH UPS</b>	<b>27</b> 115 secs <b>PLANK</b> 145 <b>SQUATS</b> 24 <b>PUSH UPS</b>	<b>28</b> 120 secs <b>PLANK</b> 150 <b>SQUATS</b> 25 <b>PUSH UPS</b>

## How to nail the perfect plank:

**Body** - Start by laying on your stomach,

curl your toes under putting weight on the balls of your feet and push up on your elbows

**Back** - Do not arch. Keep your back as flat as possible

**Shoulders** - Drawing your shoulders into your body with help create a stronger base and help relieve neck pain which is a tell-tale sign of poor plank posture

**Hands** - Make a fist to keep your balance  
**Bottom** - Squeeze those glutes hard!  
 This helps to stop your back from arching

**Feet** - Keeping your feet tight together is ideal however if this is too hard try widening your feet to ease off the pressure

## How to squat with perfect form:

**Body** - Keep upright

**Shoulders** - Relax

**Feet** - Set a hips-width apart

**Toes** - Point forward

**Movement** - Pushing into your heels, slowly lower your body down as far as you can comfortably go whilst keeping your body upright

**Core** - Keep it tight

**Belly Button** - Push towards your spine

## Press-up perfection:

**Hands** - Place slightly wider than a shoulder-width apart, pointing forward

**Body** - Align your neck, back and legs

**Movement** - Slowly lower yourself down bending at the elbows

**Elbows** - Keep close to your sides

**Movement** - In one controlled movement, bring your chest to the floor and push back up

**Knees** - If you are finding full press-ups too tricky, drop your knees to the ground to simplify the move

**Stay safe, stay active, stay strong.**