

# ASF

## Launch Week

### Christmas Challenge

#### Present Plank

- Begin in the plank position, face down with your forearms and toes on the floor.
- Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed.
- Engage your abdominal muscles.
- Keep your torso in a straight line from your ears to your toes with no sagging or bending and hold for as long as possible.



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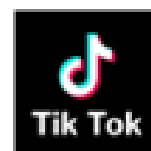
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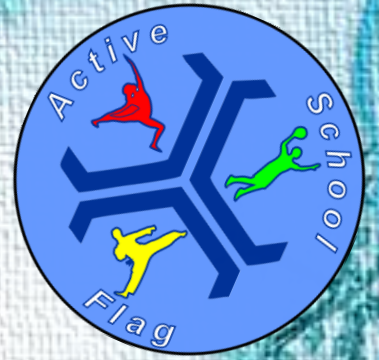


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# ASF Launch Week Christmas Challenge

## Santa Sit

- Start with your back against a wall with your feet shoulder width apart.
- Slowly slid your back down the wall until your thighs are parallel to the ground.
- Adjust your feet so your knees are directly above your ankles. Keep your back flat against the wall.
- Hold for as long as you can.



Instagram:



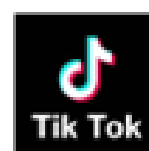
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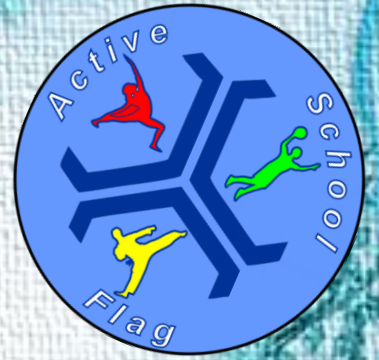
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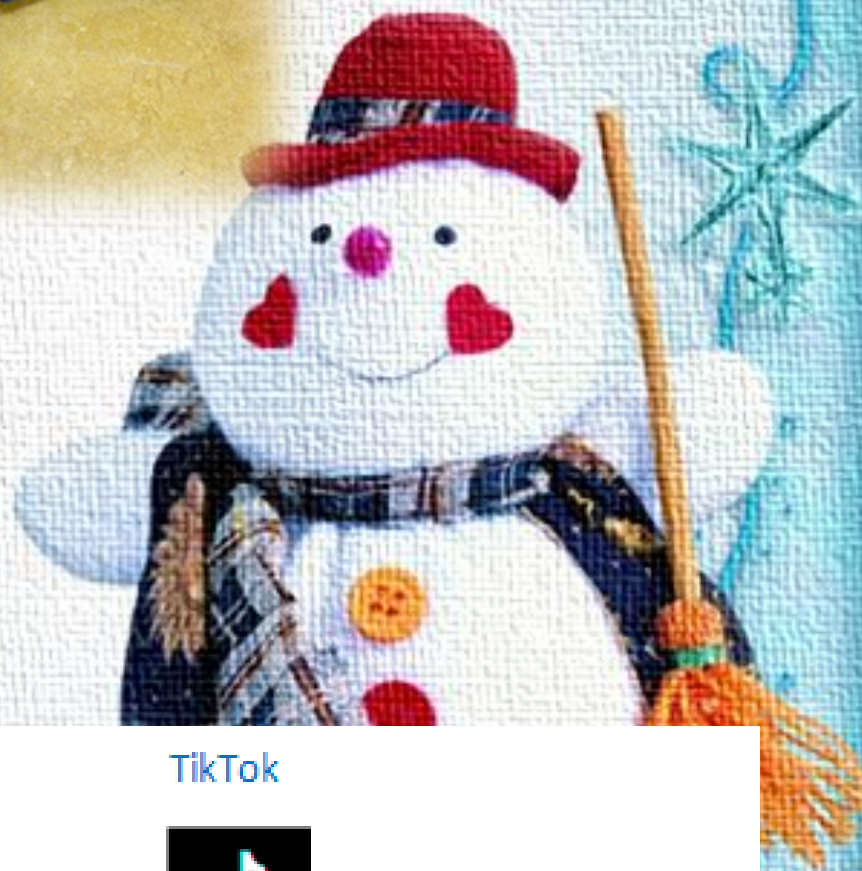
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### Christmas Challenge

#### HO-HO Hollow Hold

- Start lying on your back with your arms extended overhead on floor and legs straight resting on mat.
- At the same time, and with control, lift arms, head, shoulder blades, and legs off the floor.
- Hold for as long as you can.



Instagram:



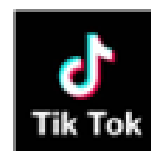
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