

# 30 DAY PLANK CHALLENGE



## HOW TO DO A PLANK:

### EXTENDED ARM PLANK: (AKA PUSH-UP POSITION)

LAY DOWN ON YOUR BELLY. THEN PUSH UP INTO PUSH-UP POSITION, ONTO STRAIGHT ARMS AND TOES. BE SURE TO KEEP YOUR BACK STRAIGHT AND YOUR HIPS LEVEL WITH YOUR BACK.

### FOREARM PLANK:

LAY DOWN ON YOUR BELLY. PLACE YOUR FOREARMS ON THE FLOOR NEXT TO YOUR CHEST. PUSH UP ONTO YOUR FOREARMS AND TOES. KEEP YOUR BACK STRAIGHT AND HIPS LEVEL WITH BACK.

### FOREARM SIDE PLANK: (PICK LEFT OR RIGHT SIDE)

LAY DOWN ON YOUR SIDE WITH YOUR FOREARM UNDER YOUR SHOULDER AND LEGS STRAIGHT. PUSH UP ONTO YOUR FOREARM AND TOES, RAISING YOUR HIPS OFF THE FLOOR.

## 30 DAY PLANK CHALLENGE

DAY 1 - 10 SECONDS  
DAY 2 - 10 SECONDS  
DAY 3 - 15 SECONDS  
DAY 4 - 15 SECONDS  
DAY 5 - 20 SECONDS  
DAY 6 - 25 SECONDS  
DAY 7 - 25 SECONDS  
DAY 8 - 30 SECONDS  
DAY 9 - 30 SECONDS  
DAY 10 - 30 SECONDS

DAY 11 - 35 SECONDS  
DAY 12 - 40 SECONDS  
DAY 13 - 40 SECONDS  
DAY 14 - 40 SECONDS  
DAY 15 - 45 SECONDS  
DAY 16 - 45 SECONDS  
DAY 17 - 50 SECONDS  
DAY 18 - 50 SECONDS  
DAY 19 - 55 SECONDS  
DAY 20 - 55 SECONDS

DAY 21 - 60 SECONDS  
DAY 22 - 60 SECONDS  
DAY 23 - 60 SECONDS  
DAY 24 - 70 SECONDS  
DAY 25 - 70 SECONDS  
DAY 26 - 75 SECONDS  
DAY 27 - 80 SECONDS  
DAY 28 - 80 SECONDS  
DAY 29 - 85 SECONDS  
DAY 30 - 90 SECONDS