



30-DAY Plank Challenge

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKEND |
|--------|--|--|--|---|---|---|
| WEEK 1 | Yoga Plank 20 sec. <i>On knees</i> | Yoga Plank 20 sec. <i>On knees</i> | Yoga Plank 25 sec. <i>Progress to toes, if you can</i> | Forearm Plank 25 sec. <i>On knees</i> | Forearm Plank 30 sec. <i>On knees</i> | Bonus <i>Repeat Friday's workout on Saturday and Sunday</i> |
| WEEK 2 | Forearm Plank 30 sec. <i>If you were on your knees, try using just one knee</i> | Forearm Plank 35 sec. <i>Can be on one knee</i> | Forearm Plank 35 sec. <i>Try without being on knees and balancing on toes</i> | Forearm Plank 35 sec. + Face-Up Plank 15 sec. | Forearm Plank 35 sec. + Face-Up Plank 15 sec. | Bonus <i>Repeat Friday's workout on Saturday and Sunday</i> |
| WEEK 3 | Yoga Plank 45 sec. + Forearm Plank 20 sec. | Yoga Plank 45 sec. + Forearm Plank 20 sec. | Yoga Plank 45 sec. + Face-Up Plank 15 sec. | Forearm Plank 45 sec. + Yoga Plank 35 sec. | Forearm Plank 45 sec. + Yoga Plank 40 sec. | Bonus <i>Repeat Friday's workout on Saturday and Sunday</i> |
| WEEK 4 | Forearm Plank 45 sec. + Side Plank 20 sec. on each side | Yoga Plank 60 sec. + Side Plank 20 sec. <i>Can be on knees</i> | Yoga Plank 60 sec. + Side Plank 20 sec. on each side + Face-Up Plank 20 sec. | Yoga Plank 30 sec. + Forearm Plank 60 sec. + Side Plank 20 sec. on each side + Face-Up Plank 20 sec. | Yoga Plank 60 sec. + Side Plank 30 sec. on each side + Face-Up Plank 20 sec. + Forearm Plank 45 sec. | Bonus <i>Repeat Friday's workout on Saturday and Sunday</i> |

GET INTO *Position*

Yoga Plank



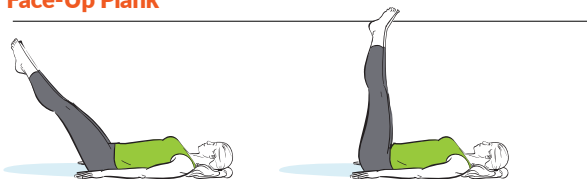
Forearm Plank



Side Plank



Face-Up Plank



It's better to switch from your toes to your knees and stick with the time frame than give up completely and cheat on time.