

30 Day Plank Challenge

This super popular challenge is an easy addition to your workout! The gradual intensity increase makes it a great introduction to core strengthening exercise.

How to: Hold plank position on your elbows for the specified time. Remember to keep your back and neck straight—no drooping. Think about drawing your belly button to your spine.

If you're having trouble holding for the longer lengths of time, split it up into 30s sets!

DAY 1	20 seconds	DAY 16	120 seconds
DAY 2	20 seconds	DAY 17	120 seconds
DAY 3	30 seconds	DAY 18	150 seconds
DAY 4	30 seconds	DAY 19	REST DAY!
DAY 5	40 seconds	DAY 20	150 seconds
DAY 6	REST DAY!	DAY 21	150 seconds
DAY 7	45 seconds	DAY 22	180 seconds
DAY 8	45 seconds	DAY 23	180 seconds
DAY 9	60 seconds	DAY 24	210 seconds
DAY 10	60 seconds	DAY 25	210 seconds
DAY 11	60 seconds	DAY 26	REST DAY!
DAY 12	90 seconds	DAY 27	240 seconds
DAY 13	REST DAY!	DAY 28	240 seconds
DAY 14	90 seconds	DAY 29	270 seconds
DAY 15	90 seconds	DAY 30	300 seconds

Source: 30 Day Plank Challenge - 30 Day Fitness Challenges. (2015, April 6). Retrieved May 31, 2015, from <http://30dayfitnesschallenges.com/30-day-plank-challenge/>