

30-Day Plank Challenge

Instructions: Complete a plank each day for the recommended number of seconds indicated in each box. Record the number of seconds you held the plank in the blank space per day.

Technique: Start in a pushup position on the floor. Lower both your forearms to the ground so that your elbows and fists are flat to the ground, elbows directly below shoulders. Curl your toes under and engage your abs by tilting your pelvis and pulling your belly button toward your spine. Straighten your body and keep your neck and spine neutral. Keep your abs and glutes (buttocks) contracted. Do not hold your breath!

Option: Complete the same exercise but rest your knees on the floor.



Day 1 10 seconds I completed _____ seconds	Day 2 15 seconds I completed _____ seconds	Day 3 20 seconds I completed _____ seconds	Day 4 20 seconds I completed _____ seconds	Day 5 30 seconds I completed _____ seconds	Day 6 REST DAY	Day 7 40 seconds I completed _____ seconds
Day 8 40 seconds I completed _____ seconds	Day 9 50 seconds I completed _____ seconds	Day 10 50 seconds I completed _____ seconds	Day 11 60 seconds I completed _____ seconds	Day 12 60 seconds I completed _____ seconds	Day 13 REST DAY	Day 14 70 seconds I completed _____ seconds
Day 15 70 seconds I completed _____ seconds	Day 16 80 seconds I completed _____ seconds	Day 17 90 seconds I completed _____ seconds	Day 18 90 seconds I completed _____ seconds	Day 19 REST DAY	Day 20 110 seconds I completed _____ seconds	Day 21 110 seconds I completed _____ seconds
Day 22 130 seconds I completed _____ seconds	Day 23 130 seconds I completed _____ seconds	Day 24 150 seconds I completed _____ seconds	Day 25 150 seconds I completed _____ seconds	Day 26 REST DAY	Day 27 170 seconds I completed _____ seconds	Day 28 190 seconds I completed _____ seconds
Day 29 210 seconds I completed _____ seconds	Day 30 240 seconds I completed _____ seconds	Congratulations! I completed a total of _____ seconds (or _____ minutes) of plank this month!				