

POWER AND STRENGTH

CHALLENGE YOURSELF

Challenge all of your major muscle groups while improving strength and endurance. The plank requires no equipment or special apparel which means – no excuses! A little daily motivation can help you reach your long-term goals. Are you up for the challenge?

30-Day Plank Challenge



Day 1	10 Seconds	Day 16	80 Seconds
Day 2	15 Seconds	Day 17	90 Seconds
Day 3	20 Seconds	Day 18	90 Seconds
Day 4	20 Seconds	Day 19	Rest Day
Day 5	30 Seconds	Day 20	110 Seconds
Day 6	Rest Day	Day 21	110 Seconds
Day 7	40 Seconds	Day 22	130 Seconds
Day 8	40 Seconds	Day 23	130 Seconds
Day 9	50 Seconds	Day 24	150 Seconds
Day 10	50 Seconds	Day 25	150 Seconds
Day 11	60 Seconds	Day 26	Rest Day
Day 12	60 Seconds	Day 27	170 Seconds
Day 13	Rest Day	Day 28	190 Seconds
Day 14	70 Seconds	Day 29	210 Seconds