

The Plank Challenge

What?

This month your challenge is to work on your core strength and fitness. Each day, spend a couple of minutes doing various plank exercises. The goal is to slowly increase time and intensity over 30 days.

How?

Select the plank challenge that's right for you. You can choose beginner, intermediate or advanced based on your current fitness level. For the next 30 days, follow the plank calendar the best you can, and don't forget to rest. The calendar is designed to gradually increase your core fitness each day.

Print it – Print the calendar and place it where you can see it every day. Mark each day after you complete an exercise. If you forget one, simply use your rest day to stay on track. Physically marking each day as you go can help you to stay motivated as you watch your progress.

Why?

Core strength is important in everyday life. Whether it's lifting a box or getting out of your seat, your core makes this possible. Strengthening your core is a great way to improve balance, as well as your ability to perform everyday tasks. Good luck!

30 Day Plank Challenge

Beginner (planks can be done from knees to decrease difficulty)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10 seconds standard plank rest 30 seconds 10 seconds standard plank	10 seconds standard plank rest 30 seconds 10 seconds standard plank	15 seconds standard plank rest 30 seconds 10 seconds standard plank	15 seconds standard plank rest 30 seconds 15 seconds standard plank	20 seconds standard plank rest 30 seconds 15 seconds standard plank	rest	30 second standard plank
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
25 second standard plank rest 30 seconds 15 second standard plank	5 second side plank - left 5 second side plank - right rest 10 seconds 5 second side plank - left 5 second side plank - right	30 second standard plank rest one minute 20 second standard plank	rest	20 second standard plank rest one minute 5 second side plank - left 5 second side plank - right	35 second standard plank	40 second standard plank
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
35 second standard plank rest 30 seconds 10 second standard plank rest 15 seconds 10 second standard plank	rest	40 second standard plank rest 30 seconds 10 second plank	40 second standard plank rest 30 seconds 15 second standard plank	45 second standard plank	5-8 second side plank - left 5-8 second side plank - right rest 30 seconds 8- 10 second side plank - left 8-10 second side plank - right	45 second standard plank rest 15 seconds 10 second standard plank
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
45 second standard plank rest 15 seconds 10 second standard plank	50 second standard plank	rest	10 second side plank - left 10 second side plank - right rest 30 seconds 30 second standard plank	55 second standard plank	60 second standard plank	60 second standard plank rest 10 seconds 10 second standard plank
Day 29	Day 30					
10-15 second left side plank 10-15 second right side plank rest 15 seconds 20 second Plank	45 second plank rest 45 seconds 20 second plank rest 15 seconds 5 second left side plank 5 second right side plank					

30 Day Plank Challenge

Intermediate

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
30 second standard plank rest 30 seconds 20 second standard plank	30 second standard plank rest 30 seconds 30 second standard plank	40 second standard plank	40 second standard plank rest one minute 30 second standard plank	40 second standard plank rest 45 seconds 35 second standard plank	rest	45 second standard plank rest one minute 45 second standard plank
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
45 second standard plank rest 45 seconds 45 second standard plank	55 second standard plank	10 second side plank - left 10 second side plank - right	rest	45 second standard plank rest 20 seconds 10 second side plank - left 10 second side plank - right	55 second standard plank rest 20 seconds 15 second standard plank	55 second standard plank rest 30 seconds 25 second standard plank
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
rest	45 second standard plank NO rest 12 second side plank - left 12 second side plank - right	60 second standard plank	60 second standard plank	60 second standard plank rest 45 seconds 30 second standard plank	60 second standard plank rest 10 seconds 20 second standard plank	rest
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
30 second standard plank rest 30 seconds 30 second standard plank rest 60 seconds 30 second standard plank	25 second standard plank left arm out 5 seconds 5 second standard plank right arm out 5 seconds	35 second standard plank right leg out 5 seconds 5 second standard plank left leg out 5 seconds	rest	60 second standard plank rest 60 seconds 60 second standard plank	30 second standard plank right leg and left arm out -5 seconds 5 second standard plank left leg and right arm out - 5 seconds	45 second standard plank rest 60 seconds 45 second standard plank rest 30 seconds 30 second standard plank
Day 29	Day 30	EXTRA!				
45 second standard plank rest 15 seconds right leg and left arm out 10 seconds left leg and right arm out 10seconds	60 second standard plank rest 30 seconds right leg and left arm out - 15 seconds rest 30 seconds left leg and right arm out - 15 seconds		65 second standard plank 15 second rest 15 second side plank - left 15 second side plank - right			

30 Day Plank Challenge

Advanced (add additional set as needed)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
45 second standard plank rest 60 seconds 45 second standard plank	50 second standard plank rest 15 seconds 20 second side plank 20 second side plank	60 second standard plank	60 second standard plank rest 30 seconds right leg, left arm out 15 seconds rest 30 seconds left leg, right arm out 15 seconds	30 second plank - from hands, in front of shoulders rest 10 seconds 30 second plank - from hands, in front of shoulders	rest	60 second standard plank rest one minute 60 second standard plank
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
65 second standard plank rest 45 seconds 50 second standard plank	75 second standard plank	65 second standard plank rest 15 seconds 25 second side plank 25 second side plank	rest	70 second standard plank rest 30 seconds right leg, left arm out 20 seconds rest 30 seconds left leg, right arm out 20 seconds	70 second standard plank rest 60 seconds 30 second side plank 30 second side plank	90 second standard plank
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
rest	40 second plank - from hands, in front of shoulders rest 30 seconds 40 second plank - from hands, in front of shoulders	100 second standard plank	100 second standard plank	45 second side plank 45 second side plank 15 second plank - from hands, in front of shoulders	90 second standard plank rest 35 seconds right leg out 35 seconds rest 30 seconds left leg out 35 seconds	rest
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
60 second standard plank rest 10 seconds 45 second standard plank rest 10 seconds 40 second standard plank	120 second standard plank	45 second plank - from hands, in front of shoulders rest 60 seconds right hand out 30 seconds rest 30 seconds left hand out 30 seconds	rest	75 second standard plank one minute rest 75 second standard plank	60 second side plank rest 30 seconds 60 second side plank	135 second standard plank
Day 29	Day 30					
145 second standard plank 30 second rest 60 second standard plank	75 second side plank rest 30 seconds 75 second side plank					