

30 Day Planking Challenge

Plank Tips:

1. Start in a pushup position and then slowly lower your forearms to the ground
2. Ensure that your elbows are lined up under your shoulders.
3. Keep your abs & glutes tight and lifted.
4. Do NOT let your hips sag. Do NOT arch your back.
5. Keep a neutral neck and spine
6. Your body should form a straight line from head to toe.

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