



# Take the #30DayPlankChallenge

- Day 1: 20 sec.
- Day 2: 20 sec.
- Day 3: 30 sec.
- Day 4: 30 sec.
- Day 5: 40 sec.
- Day 6: REST**
- Day 7: 45 sec.
- Day 8: 45 sec.
- Day 9: 1 min.
- Day 10: 1min
- Day 11: 1 min.
- Day 12: 90 sec.
- Day 13: REST**
- Day 14: 90 sec.
- Day 15: 90 sec.
- Day 16: 2 min..
- Day 17: 2 min..
- Day 18: 2.5 min.
- Day 19: REST**
- Day 20: 2.5 min.
- Day 21: 2.5 min
- Day 22: 3 min.
- Day 23: 3 min.
- Day 24: 3.5 min.
- Day 25: 3.5 min.
- Day 26: REST**
- Day 27: 4 min.
- Day 28: 4 min.
- Day 29: 4.5 min.
- Day 30: 5 min.

## 4 Benefits of Planking

- Strengthen your core safely
- Improve posture
- Reduce back pain
- Better movement & coordination

### READ BEFORE STARTING

If you have any concerns about taking the challenge, ask doctor *before* starting. This is a suggested plan. If you need to adjust it for your fitness level, do so with the help of doctor. The big idea is self improvement, not competition. Practice proper planking technique to avoid injury and improve results. If you experience pain, stop and consult doctor.