

30 DAY PLANK CHALLENGE



MEET YOUR PLANKS

PLANK



T-PLANK



DIAGONAL PLANK



STABILITY BALL PLANK



SIDE PLANK



ROTATIONAL SIDE PLANK



30 DAY PLANK CHALLENGE

Beginners should take additional rest as needed and move up at their own pace.

DAY 1 00:20 PLANK 3 SETS	DAY 2 00:20 SIDE PLANK 3 SETS	DAY 3 00:30 PLANK 3 SETS	DAY 4 00:30 SIDE PLANK 3 SETS	DAY 5 OFF NAMASTE 
DAY 6 00:45 PLANK 3 SETS	DAY 7 00:45 SIDE PLANK 3 SETS	DAY 8 01:00 PLANK 3 SETS	DAY 9 01:00 SIDE PLANK 3 SETS	DAY 10 OFF DRINK GREEN TEA 
DAY 11 8 T-PLANKS 3 SETS	DAY 12 8 ROTATIONAL PLANKS 3 SETS	DAY 13 10 T-PLANKS 3 SETS	DAY 14 10 ROTATIONAL PLANKS 3 SETS	DAY 15 OFF NIGHT OUT 
DAY 16 00:30 STABILITY BALL PLANK 3 SETS	DAY 17 01:00 SIDE PLANK 4 SETS	DAY 18 00:45 STABILITY BALL PLANK 3 SETS	DAY 19 01:15 SIDE PLANK 4 SETS	DAY 20 OFF SLEEP IN 
DAY 21 00:20/side DIAGONAL PLANK 3 SETS	DAY 22 10 ROTATIONAL PLANKS 4 SETS	DAY 23 00:30/side DIAGONAL PLANK 3 SETS	DAY 24 12 ROTATIONAL PLANKS 4 SETS	DAY 25 OFF READ & GROW 
DAY 26 00:45 STABILITY BALL PLANK 4 SETS	DAY 27 10 T-PLANKS 4 SETS	DAY 28 01:00 STABILITY BALL PLANK 4 SETS	DAY 29 12 T-PLANKS 4 SETS	DAY 30 CHALLENGE COMPLETE 