

28-DAY CORE PLANK CHALLENGE						
FOR RECIPES + WORKOUTS VISIT HEANDSHEEATCLEAN.COM						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
HOLD A REGULAR PLANK AS LONG AS POSSIBLE.RECORD YOUR TIME.	30 SECOND PLANK	2 – 30 SECOND PLANKS	3 – 30 SECOND PLANKS	4 – 30 SECOND PLANKS	5 – 30 SECOND PLANKS	OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
HOLD A REGULAR PLANK AS LONG AS POSSIBLE. RECORD YOUR TIME.	2 – 30 SECOND PLANKS 30 SECONDS MTN CLIMBERS	3 – 30 SECOND PLANKS 2 – 30 SECONDS MTN CLIMBERS	4 – 30 SECOND PLANKS 3 – 30 SECONDS MTN CLIMBERS	5 – 30 SECOND PLANKS 4 – 30 SECONDS MTN CLIMBERS	6 – 30 SECOND PLANKS 5 – 30 SECONDS MTN CLIMBERS	OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
HOLD A REGULAR PLANK AS LONG AS POSSIBLE. RECORD YOUR TIME.	2 – 30 SECOND PLANKS 30 SECOND SIDE PLANK (EACH SIDE)	3 – 30 SECOND PLANKS 2 – 30 SECOND SIDE PLANKS (EACH SIDE)	4 – 30 SECOND PLANKS 3 – 30 SECOND SIDE PLANKS (EACH SIDE)	5 – 30 SECOND PLANKS 4 – 30 SECOND SIDE PLANKS (EACH SIDE)	6 – 30 SECOND PLANKS 5 – 30 SECOND SIDE PLANKS (EACH SIDE)	OFF
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
HOLD A REGULAR PLANK AS LONG AS POSSIBLE. RECORD YOUR TIME.	45 SECOND PLANK	2 – 45 SECOND PLANKS	50 SECOND PLANK	2 – 50 SECOND PLANKS	HOLD A REGULAR PLANK AS LONG AS POSSIBLE. RECORD YOUR TIME.	1 MINUTE PLANK 1 MINUTE SIDE PLANK (EACH SIDE) 1 MINUTE MTN CLIMBERS