

# EASY 30 DAY PLANK CHALLENGE



## 30 DAY PLANK CHALLENGE

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

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Day 1	Day 2	Day 3
○ 20 seconds	○ 25 seconds	○ 30 seconds
Day 6	Day 7	Day 8
Rest	○ 45 seconds	○ 50 seconds
Day 11	Day 12	Day 13
○ 65 seconds (1 min 5 sec)	Rest	○ 70 seconds (1 min 10 sec)
Day 16	Day 17	Day 18
○ 85 seconds (1 min 25 sec)	○ 90 seconds (1 min 30 sec)	Rest
Day 21	Day 22	Day 23
○ 105 seconds (1 min 45 sec)	○ 110 seconds (1 min 50 sec)	○ 115 seconds (1 min 55 sec)
Day 26	Day 27	Day 28
○ 130 seconds (2 min 10 sec)	○ 140 seconds (2 min 20 sec)	○ 150 seconds (2 min 30 sec)

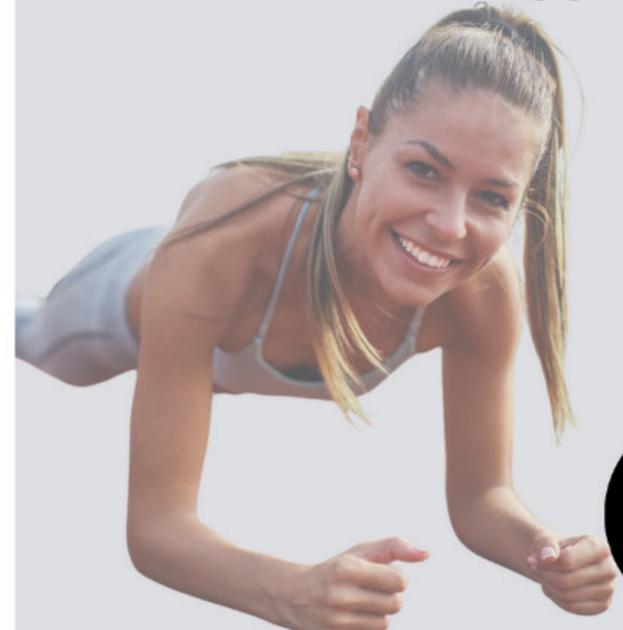
### INTRODUCTION

Welcome to our 30-day Plank Challenge! This challenge is designed to help you strengthen your core, improve your overall fitness, and in this challenge will target your abs, obliques, and lower back, and will

## 30 DAY CHALLENGE

# PLANK

EASY ● ○ ○ ○ ○



### TIPS TO CONDUCTING

- The indicated number of hold times is to be completed once. Do not go for the maximum number of hold times at once to increase the effectiveness of the challenge. The goal of the day is reached - 😊
- Use proper form and technique when performing the exercises to reduce the risk of injury.
- Take note of any notable changes in physical condition in the notes under each specific day, and indicate mood by completing the corresponding smiley face - 😊 → 😐 → 😞 → 😡

may want to create their own personalized plank challenge based on

nce, and stability. By participating in this challenge, you will improve not only idence and self-esteem. any physical limitations you may have and consult with your healthcare pate. If you experience any pain or discomfort during the challenge, modify healthcare provider. by habits such as proper nutrition, hydration, and rest, you will see significant Remember, this challenge is specifically designed for beginners, so don't . With dedication and perseverance, you'll be amazed at how quickly you can Is a stronger, healthier you!

o jumpstart a healthier lifestyle and improve overall fitness. By ng the provided modifications and tips, participants can achieve their r: to always prioritize safety, listen to your body, and make adjustments challenge can be a transformative experience for anyone looking to ndset and commitment, you can achieve your fitness goals and enjoy he first step towards a healthier you! Good luck!

ING...

Plank is the one that didn't ." - Unknown

about being better than about being better than you ed to be."

! exercise with big benefits."

oubt, plank it out."

exercise as our main exercise. However, We have included modifications that can

s on the ground, elbows directly under r core engaged and your hips level with hile breathing deeply and steadily. w seconds before repeating.

Plank is too challenging. Don't worry! e the exercise:

r for beginners who find the elbow plank port your weight on your hands and n, but instead of lowering yourself to the ls, with your forearms on the ground. eeply and steadily. This modification t easier to hold the plank position.

Intensity even further. Start in the elbow r body in a straight line. Lower your Hold the position for as long as you can duces the weight placed on your core

