



Hold your plank for the number of seconds written on each day of the calendar. You do not have to do any planks on REST days.

TIPS

Take a 10 second break if you get too tired to keep holding your plank with good form. Then try to finish the rest of your plank hold.

If holding your plank feels too difficult, you can drop to your knees for an easier plank style. Make sure to keep challenging yourself!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Hold plank for 20 seconds	2 Hold plank for 20 seconds	3 Hold plank for 20 seconds	4 REST
5 Hold plank for 25 seconds	6 Hold plank for 25 seconds	7 Hold plank for 25 seconds	8 REST	9 Hold plank for 30 seconds	10 Hold plank for 30 seconds	11 Hold plank for 30 seconds
12 REST	13 Hold plank for 35 seconds	14 Hold plank for 35 seconds	15 Hold plank for 35 seconds	16 REST	17 Hold plank for 40 seconds	18 Hold plank for 40 seconds
19 Hold plank for 40 seconds	20 REST	21 Hold plank for 45 seconds	22 Hold plank for 45 seconds	23 Hold plank for 45 seconds	24 REST	25 Hold plank for 50 seconds
26 Hold plank for 50 seconds	27 Hold plank for 50 seconds	28 REST	29 Hold plank for 55 seconds	30 Hold plank for 55 seconds	31 Hold plank for 60 seconds	