

30 DAY CHALLENGE: EASY PLANK

CHALLENGE

This 30 day easy plank challenge is excellent for toning core muscles and building abdominal strength.

HOW TO DO IT

- Pick your preferred time of the day – we recommend getting up a few minutes earlier and doing it first thing in the morning.
- Start on your elbows and knees, then straighten your legs and raise body so that you're supported by your toes with feet hip-distance apart.
- Keep your back straight but do not sink your hips, arch your back or stick your bottom in the air!
- Remember to breathe.
- Follow the schedule below to increase the time you hold in plank each day.

You'll be amazed at how great you will feel on Day 30 – go for it!

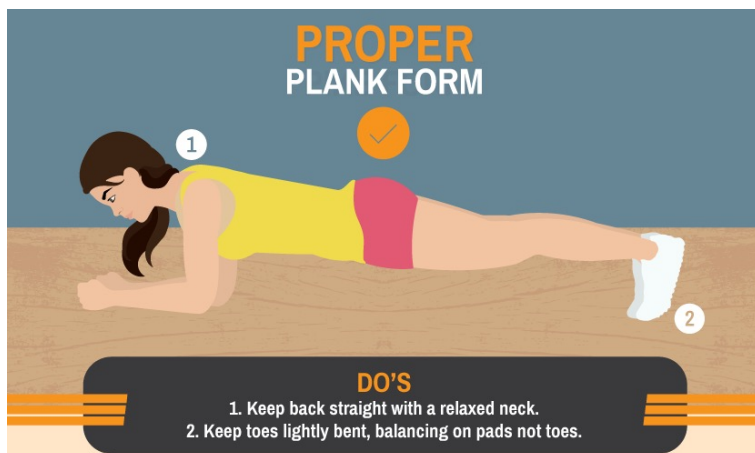


Image source: fix.com

Day	Time	Day	Time	Day	Time	Day	Time	Day	Time
1	20 secs	7	45 secs	13	Rest	19	Rest	25	3.5 mins
2	20 secs	8	45 secs	14	90 secs	20	2.5 mins	26	Rest
3	30 secs	9	60 secs	15	90 secs	21	2.5 mins	27	4 mins
4	30 secs	10	60 secs	16	2 mins	22	3 mins	28	4 mins
5	40 secs	11	60 secs	17	2 mins	23	3 mins	29	4.5 mins
6	Rest	12	90 secs	18	2.5 mins	24	3.5 mins	30	5 mins