

30 Day Plank Challenge

CoachMag.co.uk

LiftVault.com

SpreadsheetClass.com

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--|---|---|---|--|---|---|
| Plank - 60 seconds | Plank - 70 seconds | Plank - 80 seconds | Plank - 90 seconds | Plank - 60 seconds 2 sets | Plank - 70 seconds 2 sets | Plank - 80 seconds 2 sets |
| Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
| Plank - 80 seconds 2 sets | Plank - 2 minutes | Walking Plank 60 seconds | Walking Plank 70 seconds | Walking Plank 80 seconds | Walking Plank 90 seconds | Plank 60 seconds Walking Plank 30 seconds |
| Day 15 | Day 16 | Day 17 | Day 18 | Day 19 | Day 20 | Day 21 |
| Plank 70 seconds Walking Plank 30 seconds | Plank 75 seconds Walking Plank 35 seconds | Plank 70 seconds Walking Plank 40 seconds | Plank 80 seconds Walking Plank 40 seconds | Plank 80 seconds Walking Plank 40 seconds | Plank 60 seconds Walking Plank 30 seconds Superman Plank 10 sec per side | Plank 70 seconds Walking Plank 35 seconds Superman Plank 15 sec per side |
| Day 22 | Day 23 | Day 24 | Day 25 | Day 26 | Day 27 | Day 28 |
| Plank 70 seconds Walking Planks 35 seconds Superman Planks 15 sec | Plank 70 seconds Walking Planks 35 seconds Superman Plank 20 sec | Plank 75 seconds Walking Planks 35 seconds Superman Plank 20 sec | Plank 75 seconds Walking Planks 40 seconds Superman Plank 20 sec | Plank 80 seconds Walking Plank 40 seconds Superman Plank 20 sec | Plank 80 seconds Walking Plank 40 seconds Superman Plank 25 sec | Plank 85 seconds Walking Plank 45 seconds Superman Plank 25 sec |
| Day 29 | | Day 30 | | Notes | | |
| Plank 90 seconds Walking Planks 45 seconds Superman Planks 30 seconds | | Plank 3 minutes | | | | |