

W² Challenge Planks



30 DAY PLANK CHALLENGE

If you are looking for a way to strengthen your core and work on muscular endurance, try this 30 day plank challenge. You can be at any fitness level to begin.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Plank Time: 20 Seconds	Plank Time: 20 Seconds	Plank Time: 30 Seconds	REST	Plank Time: 30 Seconds	Plank Time: 40 Seconds
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Plank Time: 40 Seconds	REST	Plank Time: 50 Seconds	Plank Time: 50 Seconds	Plank Time: 1 Minute	REST
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Plank Time: 70 Seconds	Plank Time: 80 Seconds	Plank Time: 80 Seconds	REST	Plank Time: 80 Seconds	Plank Time: 90 Seconds
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Plank Time: 90 Seconds	REST	Plank Time: 100 Seconds	Plank Time: 100 Seconds	Plank Time: 2 Minutes	Plank Time: 130 Seconds
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
REST	Plank Time: 140 Seconds	Plank Time: 150 Seconds	Plank Time: 160 Seconds	REST	Plank Time: 3 Minutes

*Regardless of gender or age, holding a plank for 3 minutes will earn you at least an 'Excellent' performance rating.

