

# 30 day easy plank challenge

## Why is the **PLANK** such a beneficial exercise?

The plank is excellent for toning your core muscles and building strength in your abdominals. It is also a great exercise to help strengthen your back, arms and legs. The plank is often incorporated into a variety of workouts including resistance, strength, yoga and pilates.

## How to do the 30 day plank challenge?

Pick your preferred time of the day – we recommend getting up a few minutes earlier and doing it first thing in the morning!

Remember, **good technique** is most important:

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 to arch or stick your bottom in the air!

Follow the below schedule increasing the time you hold position each day:

Day 1-2 – 20 sec	Day 12 – 1.5 min	Day 20-21 – 2.5min
Day 3-4 – 30 sec	Day 13 – Rest	Day 22-23 – 3 min
Day 5 – 40 sec	Day 14-15 – 1.5 min	Day 24-25 – 3.5 min
Day 6 – Rest	Day 16-17 – 2 min	Day 26 – Rest
Day 7-8 – 45 sec	Day 18 – 2.5 min	Day 27-28 – 4 min
Day 9-11 – 1 min	Day 19 – Rest	Day 29 – 4.5 min
		Day 30 – 5 min <i>Congratulations!</i>

