

# 30 DAY *Plank Challenge*

Day 1  
20 sec

Day 2  
20 sec – (2 reps,  
20 sec rest in  
between)

Day 3  
20 sec – (3 reps,  
20 sec rest in  
between)

Day 4  
30 sec

Day 5  
30 sec – (2 reps,  
20 sec rest in  
between)

Day 6  
30 sec – (3 reps,  
20 sec rest in  
between)

Day 7  
*Rest*

Day 8  
40 sec

Day 9  
40 sec – (2 reps,  
20 sec rest in  
between)

Day 10  
40 sec – (3 reps,  
20 sec rest in  
between)

DAY 11  
60 sec

Day 12  
60 sec – (2 reps,  
20 sec rest in  
between)

Day 13  
60 sec – (3 reps,  
20 sec rest in  
between)

Day 14  
*Rest*

Day 15  
90 sec

Day 16  
90 sec – (2 reps,  
30 sec rest in  
between)

Day 17  
90 sec – (3 reps,  
30 sec rest in  
between)

Day 18  
120 sec

Day 19  
120 sec – (2 reps,  
30 sec rest in  
between)

Day 20  
120 sec – (3 reps,  
30 sec rest in  
between)

Day 21  
*Rest*

Day 22  
150 sec

Day 23  
150 sec – (2 reps,  
30 sec rest in  
between)

Day 24  
150 sec – (3 reps,  
30 sec rest in  
between)

Day 25  
180 sec

Day 26  
180 sec – (2 reps,  
40 sec rest in  
between)

Day 27  
180 sec – (3 reps,  
40 sec rest in  
between)

Day 28  
*Rest*

Day 29  
Hold it as long as you  
can, don't forget to  
time it!

Day 30  
3 reps of yesterday's  
personal best – go  
for it!

DON'T GET BORED!

You can change it up by doing different types  
of planks, e.g. side planks, Spiderman