

30 Day Plank Progression Challenge

Day	Time	Track	Day	Time	Track
Day 1	30		Day 16	120	
Day 2	30		Day 17	150	
Day 3	40		Day 18	150	
Day 4	40		Day 19	150	
Day 5	50		Day 20	180	
Day 6	50		Day 21	REST	
Day 7	REST		Day 22	180	
Day 8	60		Day 23	210	
Day 9	60		Day 24	210	
Day 10	60		Day 25	240	
Day 11	90		Day 26	240	
Day 12	90		Day 27	270	
Day 13	120		Day 28	REST	
Day 14	REST		Day 29	270	
Day 15	120		Day 30	300	

Ideally, begin this program on a Monday or at the beginning of the month.

This can be combined with any training program. Perform the plank for the specified time **at the end of your training session** (on your “OFF” days - do only the plank).

Perform only ONE plank for the indicated time period and progress the time each session, as shown.

Check the boxes when you complete each session (or log “actual” time you hold plank) in the ‘track box.’

That’s it.