# 30-day plank challenge

From 20 seconds to 5 minutes in a month. Cross off each day.

NAME

START DATE

| | | | | | |
|---|---|---|---|---|---|
| 1<br>20 s | 2<br>20 s | 3<br>30 s | 4<br>30 s | 5<br>40 s | 6<br>Rest |
| 7<br>45 s | 8<br>45 s | 9<br>60 s | 10<br>60 s | 11<br>60 s | 12<br>90 s |
| 13<br>Rest | 14<br>90 s | 15<br>90 s | 16<br>2 min | 17<br>2 min | 18<br>2½ min |
| 19<br>Rest | 20<br>2½ min | 21<br>2½ min | 22<br>3 min | 23<br>3 min | 24<br>3½ min |
| 25<br>Rest | 26<br>3½ min | 27<br>4 min | 28<br>4 min | 29<br>4½ min | 30<br>5 min |

Hips level, squeeze your glutes, breathe. If your back sags, stop the clock.