30-day plank challenge

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

NAME

START DATE

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

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

Not medical advice. Get your doctor's OK before you start.