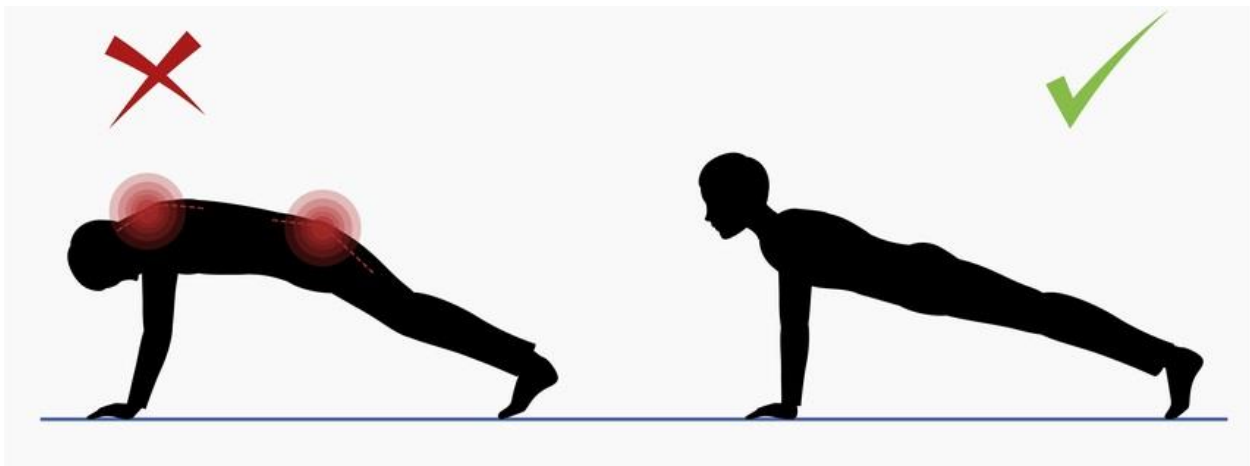


## Watch your form

Plant the hands directly under the shoulders (slightly wider than shoulder-width apart) like you're about to do a push-up.

Ground the toes into the floor and squeeze the glutes to stabilize the body. Your legs should be working in the move too; careful not to lock or hyperextend your knees.

Neutralize the neck and spine by looking at a spot on the floor about a foot beyond the hands. Your head should be in line with your back.



## Modifications

**Forearm Plank:** Place the forearms on the ground with the elbows aligned below the shoulders, and arms parallel to the body at about shoulder-width distance.

**Knee Plank:** Lower your knees to the floor; remember to keep your back straight and your core engaged.

# Plank Challenge Schedule:

## 30-Day Plank Challenge

Day 1: 30s	Day 11: 1m 30s	Day 21: 2m 25s
Day 2: 30s	Day 12: Rest	Day 22: 2m 30s
Day 3: 45s	Day 13: 1m 40s	Day 23: Rest
Day 4: 45s	Day 14: 1m 45s	Day 24: 2m 35s
Day 5: 1m	Day 15: 2m	Day 25: 2m 40s
Day 6: Rest	Day 16: 2m 5s	Day 26: 2m 45s
Day 7: 1m	Day 17: Rest	Day 27: 2m 50s
Day 8: 1m 10s	Day 18: 2m 10s	Day 28: Rest
Day 9: 1m 15s	Day 19: 2m 15s	Day 29: 2m 55s
Day 10: 1m 25s	Day 20: 2m 20s	Day 30: 3m