

30 DAY PLANK CHALLENGE

Build impressive core strength with the deceptively simple plank and all of the different versions of this amazing core exercise.

Planks are a simple but effective total body exercise. This isometric exercise develops strength primarily in the core, the muscles connecting the upper and lower body as well as the shoulders, arms and glutes.

Not only are planks highly effective, low impact and require absolutely no equipment, there are also lots of variations to keep this static move interesting and challenging to the body.

There are two basic planks, one on the hands, one on the forearms

1. Begin with your hands or elbows directly underneath your shoulders.
2. Ground the toes into the floor and squeeze the glutes to stabilize
3. Maintain a neutral spine from head to tailbone, drawing the belly in towards the spine

Common Mistakes:

Collapsing the Lower Back

Instead of compromising the low back by 'dipping' the spine, draw the belly in towards the spine and tilt your pelvis back into a neutral position

Butt to the Sky

Planks are not supposed to look like a downward dog, instead you should be sure your hands or elbows are directly under the shoulders, not in front. Bring your gaze forward (not towards the feet) to help correct this mistake.

All materials provided are for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. Always consult your physician before beginning any exercise program. You should be in good general and physical health prior to starting this or any other fitness program.

There are going to be several versions of the Plank throughout this challenge, you can read all about them here!

Basic Plank

The basic plank is described above, with the hands on the floor.

Forearm Plank

This is the basic plank performed on the elbows. It is sometimes considered more challenging but there is less stress on the wrists.

Side Planks

This is the basic or forearm plank performed on the side. Your shoulders should be stacked over each other. This can be performed on a single knee instead of leg.

Up and Down Planks

These planks move from forearm plank to Basic high plank by going from elbow to hand and back down in an "Up Up, Down Down" sequence.

Plank Jacks

These are performed either on forearm or hands and require you to jump or step the feet out side and then back narrow like you would a jumping jack.

Mountain Climbers

Begin in basic high plank and draw alternating knees in towards the chest. You can do this slow or fast.

Sea Saw Planks

Begin in forearm plank and slide the body forward and back maintaining the perfect posture.

Basic Plank



Forearm Plank



Side Plank



Up & Down Plank



Plank Jacks



Mountain Climber



Sea Saw Plank



Initial Challenge Test

Begin with a plank test, choose either the forearm plank or the basic plank and hold the perfect plank for as long as possible. As soon as your form begins to suffer, stop and record your time.

Every 7 days you will retest and record your results using the same type of plank as you did for the initial test.

You will be performing planks every day with only 1 rest day every week. Abdominal muscles are working on static hold and endurance, this makes them an exercise you can perform more frequently. We will also be using different forms of planks to build a well rounded strong core.

RESULTS

Initial Test

Test 2

Test 3

Final Test

TIP

Video tape yourself performing the plank. Re-watch the video to assess your form. If your form begins to suffer (back starts to cave or butt starts to lift) end your perfect plank time and record that time in the box. This will help you remain accountable to the perfect plank.

<p>45 Sec Plank</p> <p>30 Sec Side Plank (30 per side)</p> <p>1</p>	<p>2 x 60 Sec Plank</p> <p>45 Sec Mountain Climbers</p> <p>2</p>	<p>30 Sec UP & DOWN Plank</p> <p>30 Sec Sea Saw Plank</p> <p>3</p>	<p>3 x 45 Sec Plank</p> <p>2 x 30 Sec Side Plank (30 per side x 2)</p> <p>4</p>	<p>3 x 45 Sec Plank Jacks</p> <p>2 x 30 Sec Mountain Climbers</p> <p>5</p>
<p>60 Sec Plank</p> <p>45 Sec Sea Saw Plank</p> <p>30 Sec UP & DOWN Plank</p> <p>6</p>	<p>Rest & Test</p> <p>7</p>	<p>2 x 60 Sec Plank</p> <p>2 x 30 Sec Side Plank (30 per side x 2)</p> <p>8</p>	<p>45 Sec UP & Down Plank</p> <p>2 x 30 Sec Sea Saw Plank</p> <p>9</p>	<p>3 x 45 Sec Mountain Climbers</p> <p>3 x 45 Sec Plank Jacks</p> <p>10</p>
<p>60 Sec Side Plank (60 per side)</p> <p>60 Sec Sea Saw Plank</p> <p>11</p>	<p>60 Sec UP & DOWN Plank</p> <p>60 Sec Plank Jacks</p> <p>12</p>	<p>3 x 60 Second Mountain Climbers</p> <p>2 x 30 Second Plank</p> <p>13</p>	<p>Rest & Test</p> <p>14</p>	<p>3 x 30 Secs UP & DOWN Planks</p> <p>3 x 30 Sec Side Plank (30 per side x 3)</p> <p>15</p>
<p>3 x 45 Sec Sea Saw Plank</p> <p>3 x 45 Sec Plank Jacks</p> <p>16</p>	<p>3 x 45 Sec Plank</p> <p>4 x 30 Sec Mountain Climbers</p> <p>17</p>	<p>4 x 30 Sec Side Plank (30 per side x 4)</p> <p>4 x 30 Sec Plank Jacks</p> <p>18</p>	<p>4 x 45 Sec UP & Down Planks</p> <p>4 x 45 Sec Sea Saw Planks</p> <p>19</p>	<p>4 x 45 Sec Plank</p> <p>4 x 45 Sec Side Plank (45 per side x 4)</p> <p>45 Sec Mountain Climbers</p> <p>20</p>
<p>Rest & Test</p> <p>21</p>	<p>3 x 60 Sec Sea Saw Planks</p> <p>3 x 45 Sec UP & DOWN Planks</p> <p>3 x 30 Sec Mountain Climbers</p> <p>22</p>	<p>3 x 60 Sec Plank</p> <p>3 x 45 Sec Side Plank (45 per side x 3)</p> <p>3 x 30 Sec Plank Jacks</p> <p>23</p>	<p>4 x 60 Sec UP & Down Planks</p> <p>3 x 45 Sec Mountain Climbers</p> <p>3 x 30 Sec Plank</p> <p>24</p>	<p>4 x 60 Sec Side Plank (60 per side x 4)</p> <p>4 x 45 Sec Sea Saw Plank</p> <p>25</p>
<p>4 x 60 Sec Plank</p> <p>4 x 45 Mountain Climbers</p> <p>26</p>	<p>4 x 60 Sec Plank Jacks</p> <p>4 x 60 Sec UP & DOWN Planks</p> <p>27</p>	<p>Rest</p> <p>28</p>	<p>4 x 60 Sec Side Plank (60 per side x 4)</p> <p>4 x 60 Sec Mountain Climbers</p> <p>2 x 60 Sec Sea Saw Plank</p> <p>29</p>	<p>60 Sec Mountain Climber</p> <p>60 Sec UP & DOWN Plank</p> <p>60 Sec Sea Saw Plank</p> <p>60 Sec Plank Jacks</p> <p>30</p>

PERFORM 1 FINAL TEST AFTER DAY 30 and RECORD YOUR RESULTS