



Plank Power Challenge

Strengthen core muscles with daily planking exercises adaptable to any setting.

Welcome to your 30-Day Plank Power Challenge! The next month will be dedicated to strengthening your core. We will add an additional 10 seconds of plank to each day. By gradually increasing the amount of time you hold a plank, you will continue to build endurance. At the end of the 30 days the goal is to hold a plank for 5 minutes.

WHAT ARE THE BENEFITS OF DOING PLANKS?

Planks are considered one of the most effective exercises for strengthening your core in addition to several other benefits:

- They activate **all core muscles** (rectus abdominis, transverse abdominis, and obliques) PLUS muscles in your hips, back, and shoulders.
- They help **improve your stability and balance**, necessary for many other day-to-day movements.
- They can help alleviate or **reduce your risk of lower back pain** or injury.
- They can help **improve endurance** and tone muscles, important for other strength training or cardiovascular exercises.

What is the proper plank form?

Before starting the plank challenge, it's important to make sure you're performing a plank correctly in order to help prevent injuries. To get started, follow these steps for a straight-arm plank:

1. Get into a push up position where your arms are fully extended.
2. Keep your palms flat on the ground and push into your hands and toes.
3. Keep your back straight, core tight, and engage your glutes. This will keep your back from getting injured as it gets tired.
4. Remember keeping a proper position is more important than the time you hold the plank. If you begin to lose your form (such as your back or head beginning to sag) then drop down to your knees or reset your position before you continue.

If you are new to planks, the challenge can always be done first by performing the planks from your knees. If you're not sure about your form, then try to do it in front of a mirror or have a friend or family member take a photo for you. Skip or rework the plank challenge if you're injured or pregnant. Always check with your doctor before starting a new exercise routine.

PLANK POWER

Your 30-Day Calendar

DAY 1 10 Seconds	DAY 2 20 Seconds	DAY 3 30 Seconds	DAY 4 40 Seconds	DAY 5 50 Seconds	DAY 6 60 Seconds (1 Minute)
DAY 7 70 Seconds	DAY 8 80 Seconds	DAY 9 90 Seconds	DAY 10 100 Seconds	DAY 11 110 Seconds	DAY 12 120 Seconds (2 Minute)
DAY 13 130 Seconds	DAY 14 140 Seconds	DAY 15 150 Seconds	DAY 16 160 Seconds	DAY 17 170 Seconds	DAY 18 180 Seconds (3 Minute)
DAY 19 190 Seconds	DAY 20 200 Seconds	DAY 21 210 Seconds	DAY 22 220 Seconds	DAY 23 230 Seconds	DAY 24 240 Seconds (4 Minute)
DAY 25 250 Seconds	DAY 26 260 Seconds	DAY 27 270 Seconds	DAY 28 280 Seconds	DAY 29 290 Seconds	DAY 30 300 Seconds (5 Minute)

CHALLENGE COMPLETE!

If you've completed the challenge – great job! You are well on your way to seeing the many benefits of a stronger core. The key is to continue to build strength and maintain it. If you are looking to challenge yourself from here, there are a few variations you can start to include:

- Continue the Power Plank Challenge by holding your plank for an additional 10 seconds each day. See how long you can continue and keep up your daily plank streak.
- Add plank variations such as a:
 - Forearm Plank
 - Side Plank
 - Plank with Shoulder Taps
 - Plank with Knee Taps
- Add variation into your workouts through Pilates, yoga, and strength training.



Congratulations on completing the **Plank Power** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

