



PLANK OUT CHALLENGE

Benefits of Planking: Balance - Body posture - Improved core definition and stability - Decreased risk of back injury - Improved metabolism - Improved flexibility & Improved mood. Here is a weekly schedule to build strength and work towards holding the five minute plank. Feel free to repeat days or weeks and move forward as you feel prepared to do so. Print this out and HAVE FUN!

	Monday Plan	Tuesday Plan	Wednesday Plan	Thursday Plan	Friday Plan	Saturday Plan	Sunday Plan
Week 1	20 seconds	20 seconds	30 seconds	30 seconds	40 seconds	40 seconds	Rest
Week 2	45 seconds	45 seconds	60 seconds	60 seconds	60 seconds	1 min 30 sec	Rest
Week 3	1 min 40 sec	1 min 50 sec	2 min	2 min	1 min 30 sec	2 min 30 sec	Rest
Week 4	2 min 30 sec	2 min 30 sec	3 min	3 min	3 min 30 sec	3 min 30 sec	Rest
Week 5	4 min	4 min	4 min	4 min 30 sec	Rest	5 min	Rest