



YOUR 4-WEEK PLANK CHALLENGE

Build on your strength to master a new plank each week and tone your core.

1



Modified plank

Lie tummy-down on a mat and keep your forearms and knees on the ground. Lift your chest and tummy, and lower your bottom so your back is straight. Exhale and bring your belly button in towards your spine.

2



Standard plank

Lie tummy-down on a mat and keep your forearms on the floor. Curl your toes under and lift your chest, tummy and legs off the floor, keeping your back straight and bottom flat. Exhale as you engage your core, drawing your belly button in towards your spine. Keep your breathing regular as you hold the position.

3



Heel lift plank

Get into standard plank but keep your forearms off the mat, your arms straight and your hands flat. Engage your core and slowly lift your left leg up so your heel is level with your pelvis. Keep your legs straight and pelvis square to the floor. Engage your core and hold. Lower your leg, then raise your right leg to repeat the move on the opposite side.

4



Side plank

Get into a plank on your right side, with your right foot and forearm on the mat. Keep your right elbow in line with your shoulder and your hips stacked. Engage your core and hold. Challenge: raise your left arm up, then bring it down and wrap it around your stomach towards your back, twisting your upper body. Hold for a count, then bring your arm back up. Repeat on the left side.

WEEK

MON	1-3 X 30-SECOND PLANK	1-3 X 30-SECOND PLANK	1-3 X 30-SECOND PLANK	1-3 X 30-SECOND PLANK, BOTH SIDES
TUE	1-3 X 30-SECOND PLANK	1-3 X 30-SECOND PLANK	1-3 X 30-SECOND PLANK	1-3 X 30-SECOND PLANK, BOTH SIDES
WED	2-4 X 45-SECOND PLANK	2-4 X 45-SECOND PLANK	2-4 X 45-SECOND PLANK	2-4 X 45-SECOND PLANK, BOTH SIDES
THU	2-4 X 45-SECOND PLANK	2-4 X 45-SECOND PLANK	2-4 X 45-SECOND PLANK	2-4 X 45-SECOND PLANK, BOTH SIDES
FRI	REST DAY	REST DAY	REST DAY	REST DAY
SAT	3-5 X 60-SECOND PLANK	3-5 X 60-SECOND PLANK	3-5 X 60-SECOND PLANK	3-5 X 60-SECOND PLANK, BOTH SIDES
SUN	3-5 X 60-SECOND PLANK	3-5 X 60-SECOND PLANK	3-5 X 60-SECOND PLANK	3-5 X 60-SECOND PLANK, BOTH SIDES

Note: If week 1 is too easy, skip to week 2. That said, if you feel you're not ready to move on, repeat a week. It's about making it work for you.