

January Challenge

2021

Plank Edition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hold a plank with good form – no bowing backs! Planks can be modified by bending at the knees or bracing on your elbows. You can also try side planks!					1 10 sec plank Or 2 sets of 5 sec	2 10 sec plank Or 2 sets of 5 sec
3 10 sec plank Or 2 sets of 5 sec	4 20 sec plank Or 2 sets of 10 sec	5 20 sec plank Or 2 sets of 10 sec	6 20 sec plank Or 2 sets of 10 sec	7 REST	8 30 sec plank Or 2 sets of 15 sec	9 30 sec plank Or 2 sets of 15 sec
10 30 sec plank Or 2 sets of 15 sec	11 40 sec plank Or 2 sets of 20 sec	12 40 sec plank Or 2 sets of 20 sec	13 40 sec plank Or 2 sets of 20 sec	14 REST	15 50 sec plank Or 2 sets of 25 sec	16 50 sec plank Or 2 sets of 25 sec
17 50 sec plank Or 2 sets of 25 sec	18 60 sec plank Or 2 sets of 30 sec	19 60 sec plank Or 2 sets of 30 sec	20 60 sec plank Or 2 sets of 30 sec	21 REST	22 70 sec plank Or 2 sets of 35 sec	23 70 sec plank Or 2 sets of 35 sec
24 70 sec plank Or 2 sets of 35 sec	25 80 sec plank Or 2 sets of 40 sec	26 80 sec plank Or 2 sets of 40 sec	27 80 sec plank Or 2 sets of 40 sec	28 REST	29 90 sec plank Or 2 sets of 45 sec	30 90 sec plank Or 2 sets of 45 sec
31 90 sec plank Or 2 sets of 45 sec	If you miss a day, just cross of a rest day to stay on track. If the challenge becomes too difficult, break up the repetitions into smaller sets. You can even do one set in the morning and one in the evening, or hold the first half in the standard pose and finish in the modified version. It all counts!					