

5 Minute Plank

30-Day Challenge



Day 1	10 seconds	Day 16	160 seconds
Day 2	20 seconds	Day 17	170 seconds
Day 3	30 seconds	Day 18	3 minutes
Day 4	40 seconds	Day 19	190 seconds
Day 5	50 seconds	Day 20	200 seconds
Day 6	1 minute	Day 21	210 seconds
Day 7	70 seconds	Day 22	220 seconds
Day 8	80 seconds	Day 23	230 seconds
Day 9	90 seconds	Day 24	4 minutes
Day 10	100 seconds	Day 25	250 seconds
Day 11	110 seconds	Day 26	260 seconds
Day 12	2 minutes	Day 27	270 seconds
Day 13	130 seconds	Day 28	280 seconds
Day 14	140 seconds	Day 29	290 seconds
Day 15	150 seconds	Day 30	5 minutes

Even though February is a short month, see if you can keep this challenge going for the 30 days. Depending on your fitness level and any limitations you may have in your back or shoulders, pace yourself at YOUR rate and set a goal YOU can achieve. This is just a guide. Do this challenge alone or add a bit of competition: co-worker vs. co-worker; department vs. department...whatever you decide just have fun getting stronger! Make sure to check out this month's newsletter on how isometric exercises such as the plank may even lower your blood pressure. Now, get planking!