

30 DAY PLANK challenge



Planks require no equipment, little space and can help improving your posture, balance and core strength. Here some hints on how to do a plank correctly:

- › Have your elbows directly under your shoulders in a 90 degree angle and push them into the floor
- › Engage your chest muscles to keep that 90 degree angle
- › Tuck your pelvic in and activate your glutes to stay stable
- › Push your feet back and into the ground, lock your knees, activate the quads to drive the legs further back and thus to lengthen your spine in opposite directions

Join our plank challenge and get a stronger core in 30 days!

Day 1	20 sec	Day 11	60 sec	Day 21	Rest
Day 2	20 sec	Day 12	65 sec	Day 22	85 sec
Day 3	30 sec	Day 13	65 sec	Day 23	85 sec
Day 4	30 sec	Day 14	Rest	Day 24	90 sec
Day 5	40 sec	Day 15	70 sec	Day 25	90 sec
Day 6	40 sec	Day 16	70 sec	Day 26	95 sec
Day 7	Rest	Day 17	75 sec	Day 27	95 sec
Day 8	50 sec	Day 18	75 sec	Day 28	Rest
Day 9	50 sec	Day 19	80 sec	Day 29	100 sec
Day 10	60 sec	Day 20	80 sec	Day 30	100 sec

