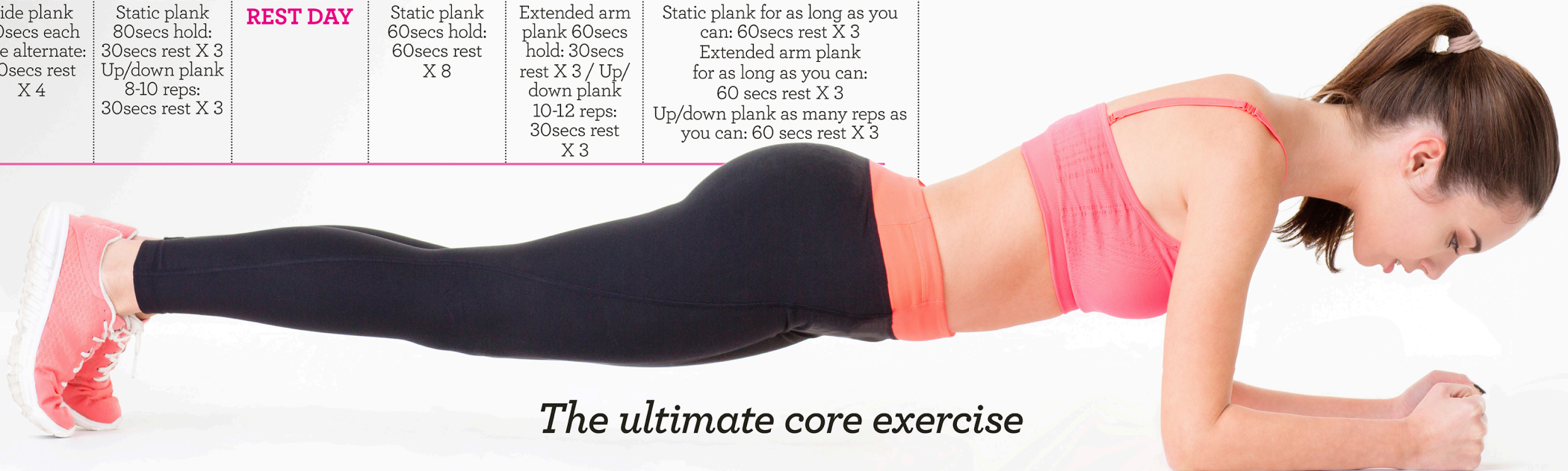


GoodtoKnow

The 30-day plank challenge!

Firm your tum and feel stronger in just 30 days!

<p>DAY 1 Static plank 20secs hold: 20secs rest X 3</p>	<p>DAY 2 Extended arm plank 20secs hold: 20secs rest X 3</p>	<p>DAY 3 Static plank 30secs hold: 30secs rest X 3</p>	<p>DAY 4 Extended arm plank 30secs hold: 30secs rest X 3</p>	<p>DAY 5 Side plank 20secs each side alternate: 30secs rest X 3</p>	<p>DAY 6 REST DAY</p>	<p>DAY 7 Static plank 30secs hold: 20secs rest X 3</p>	<p>DAY 8 Extended arm plank 30secs hold: 20secs rest X 3</p>	<p>DAY 9 Static plank 30secs hold: 20secs rest X 4</p>	<p>DAY 10 Extended arm plank 30secs hold: 20secs rest X 4</p>	<p>DAY 11 Side plank 30secs each side alternate: 30secs rest X 3</p>	<p>DAY 12 REST DAY</p>	
<p>DAY 13 Static plank 45secs hold: 30secs rest X 3</p>	<p>DAY 14 Extended arm plank 45secs hold: 30secs rest X 3</p>	<p>DAY 15 Static plank 30secs hold: 20secs rest X 6</p>	<p>DAY 16 Extended arm plank 30secs hold: 20secs rest X 6</p>	<p>DAY 17 Side plank 30secs each side alternate: 20secs rest X 4</p>	<p>DAY 18 REST DAY</p>	<p>DAY 19 Static plank 60secs hold: 30secs rest X 2 / Extended arm plank 60secs hold: 30secs rest X 2</p>	<p>DAY 20 Side plank 40secs each side alternate: 30secs rest X 4</p>	<p>DAY 21 Static plank 60secs hold: 30secs rest X 2 / Up/down plank 8-10 reps: 30secs rest X 2</p>	<p>DAY 22 Side plank 40secs each side alternate: 30secs rest X 4</p>	<p>DAY 23 REST DAY</p>	<p>DAY 24 Static plank 80secs hold: 30secs rest X 2 / Up/down plank 80secs hold: 30secs rest X 2</p>	
<p>DAY 25 Side plank 40secs each side alternate: 30secs rest X 4</p>	<p>DAY 26 Static plank 80secs hold: 30secs rest X 3 Up/down plank 8-10 reps: 30secs rest X 3</p>	<p>DAY 27 REST DAY</p>	<p>DAY 28 Static plank 60secs hold: 60secs rest X 8</p>	<p>DAY 29 Extended arm plank 60secs hold: 30secs rest X 3 / Up/ down plank 10-12 reps: 30secs rest X 3</p>	<p>DAY 30 Static plank for as long as you can: 60secs rest X 3 Extended arm plank for as long as you can: 60 secs rest X 3 Up/down plank as many reps as you can: 60 secs rest X 3</p>							



The ultimate core exercise