



Plank Calendar

If you are practicing abdominal bracing or standard planking during this challenge, you can simply follow the times at the top of each day. *Want more of a challenge?* Follow the orange times for abdominal bracing, standard planking, or variation planking.

Week 1

Plank Times & Optional Variations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Standard Plank for as long as you can!	20 sec Table Top Plank	25 sec Forearm Plank	30 sec Hip Dips	40 sec Foot Taps	45 sec Boat	10x Forearm Plank to Plank
	30 sec	35 sec	45 sec	50 sec	50 sec	15x

Week 2

Plank Times & Optional Variations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40 sec Standard Plank	25 sec/side Kneeling Bird Dog	10x High Rising Planks	30 sec/side Kneeling Side Plank	45 sec Plank Jacks	50 sec Boat + Scissor Kicks	55 sec Down Dog to Plank
60 sec	35 sec/side	20x	45 sec/side	60 sec	60 sec	75 sec

Week 3

Plank Times & Optional Variations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
55 sec Standard Plank	60 sec Hip Dip Forearm Plank	60 sec Low Plank Hold (opt. kneel)	45 sec/side Forearm Side Plank	70 sec Shoulder Taps	75 sec Boat Crunch	20x Forearm Plank to Plank
75 sec	85 sec	85 sec	60 sec/side	90 sec	90 sec	30x

Week 4

Plank Times & Optional Variations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
75 sec Forearm Plank w/ Alt. Heel Lifts	80 sec Bird Dog Plank	90 sec Forearm Plank to Dolphin	45 sec/side Full Side Plank	100 sec Mountain Climbers	60 sec Boat Hold	Standard Plank for as long as you can!
90 sec	90 sec	110 sec	60 sec/side	120 sec	75 sec	