

30 Day Plank Challenge For Beginners

Day 1: Forearm Plank

3 sets of 20 seconds

Day 2: Forearm Plank

3 sets of 30 seconds

Day 3: High Plank

3 sets of 20 seconds

Day 4: High Plank

3 sets of 30 seconds

Day 5: Forearm Plank

3 sets of 45 seconds

Day 6: High Plank

3 sets of 45 seconds

Day 7: Rest

Day 8: Forearm Side Plank

3 sets of 20 seconds

Day 9: High Side Plank

3 sets of 10 seconds

Day 10: Forearm Side Plank

3 sets of 30 seconds

Day 11: High Side Plank

3 sets of 20 seconds

Day 12: Forearm Side Plank

3 sets of 45 seconds

Day 13: High Side Plank

3 sets of 30 seconds

Day 14: Rest

Day 15: Forearm Toe Taps

3 sets for 20 seconds

Day 16: High Plank Toe Taps

3 sets for 20 seconds

Day 17: Forearm Plank Toe Taps

3 sets for 30 seconds

Day 18: High Plank Toe Taps

3 sets for 30 seconds

Day 19: Forearm Plank Toe Taps

3 sets for 45 seconds

Day 20: High Plank Toe Taps

3 sets for 45 seconds

Day 21: Rest

Day 22: Hi/Low Plank Transition

3 sets for 30 seconds

Day 23: High Plank Jacks

3 sets for 30 seconds

Day 24: Hi/Low Plank Transition

3 sets for 45 seconds

Day 25: High Plank Jacks

3 sets for 45 seconds

Day 26: Hi/Low Plank Transition

3 sets for 1 minute

Day 27: High Plank Jacks

3 sets for 1 minute

Day 28: Rest

Day 29: High, Forearm, Side, Toe Taps, Plank Jacks

2 sets of each for 30 seconds

Day 30: High, Forearm, Side, Toe Taps, Plank Jacks

2 sets of each for 30 seconds

