



7 DAY CHALLENGE: CORE EDITION

Goal: Increase your time and track your progress daily!

	Difficulty	Duration
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Difficulty level : Easy (From Knees), Medium: (Regular Plank), Hard (Adding Movement)

Tips

To make it less challenging plank from your knees or take breaks when you need to.

Pick a song and try to hold your plank for the duration or as long as you can.

Alternate between planking from your forearms and wrists.

To make it more challenging, add movement to your plank such as, shoulder taps, leg taps or rocking back and forth.