


**4-WEEK**


# PLANK CHALLENGE

Each day, do 2 sets of the plank variation below. Hold for 30 seconds, or as long as you can with proper form.

DAY 1 <b>Wide-Arm Plank</b>	DAY 2 <b>Knee-to-Nose Extension</b>	DAY 3 <b>Straight-Arm Plank</b>	DAY 4 <b>Cross-Knee Extension</b>	DAY 5 <b>Forearm Plank</b>	DAY 6 <b>Opposite-Leg Bicycle</b>
DAY 7 <b>Hip-Drop Plank</b>	DAY 8 <b>Side-to-Side Hip-Drop Plank</b>	DAY 9 <b>Leg-Lift Plank</b>	DAY 10 <b>Knee-to-Shoulder Plank</b>	DAY 11 <b>Side Plank</b>	DAY 12 <b>Side-Plank Curl</b>
DAY 13 <b>Kneeling Plank</b>	DAY 14 <b>Side-Plank Crunch</b>	DAY 15 <b>Classic Plank With Leg Lift</b>	DAY 16 <b>Plank With Hamstring Lift</b>	DAY 17 <b>Side Forearm Plank</b>	DAY 18 <b>Side Forearm Plank Curl</b>
DAY 19 <b>Reverse Plank</b>	DAY 20 <b>Lateral Leg Tap Plank</b>	DAY 21 <b>Single-Leg Side Plank</b>	DAY 22 <b>Eye of the Tiger Plank</b>	DAY 23 <b>Side Plank With Arm Extension and Leg Lift</b>	DAY 24 <b>Center Chaturanga</b>
	DAY 25 <b>Side Tree Pose Plank</b>	DAY 26 <b>Fallen Triangle Side Plank</b>	DAY 27 <b>Cross-Body Plank</b>	DAY 28 <b>Twisted Hip Dip Plank</b>	