



mindful
enjoy health

30-DAY **PLANK CHALLENGE**

Did you know that planking is a workout for almost your entire body?
This challenge gives you a stronger core-stability in just one month!

7 minute planking routine in 4 weeks!

WEEK 1	PLANK	SIDE PLANK	TOTAL
DAY 1	20 sec	10 sec	30 sec
DAY 2	30 sec	20 sec	50 sec
DAY 3	40 sec	30 sec	1 min 10 sec
DAY 4	50 sec	40 sec	1 min 30 sec
DAY 5	REST	REST	-
DAY 6	50 sec	40 sec	1 min 30 sec
DAY 7	1 min	50 sec	1 min 50 sec

WEEK 2	PLANK	SIDE PLANK	TOTAL
DAY 8	1 min 10 sec	1 min	2 min 10 sec
DAY 9	1 min 20 sec	1 min 10 sec	2 min 30 sec
DAY 10	REST	REST	-
DAY 11	1 min 20 sec	1 min 10 sec	2 min 30 sec
DAY 12	1 min 30 sec	1 min 20 sec	2 min 50 sec
DAY 13	1 min 40 sec	1 min 30 sec	3 min 10 sec
DAY 14	1 min 50 sec	1 min 40 sec	3 min 30 sec

WEEK 3	PLANK	SIDE PLANK	TOTAL
DAY 15	REST	REST	-
DAY 16	1 min 50 sec	1 min 40 sec	3 min 30 sec
DAY 17	2 min	1 min 50 sec	3 min 50 sec
DAY 18	2 min 10 sec	2 min	4 min 10 sec
DAY 19	2 min 20 sec	2 min 10 sec	4 min 30 sec
DAY 20	REST	REST	-
DAY 21	2 min 20 sec	2 min 10 sec	4 min 30 sec

WEEK 4	PLANK	SIDE PLANK	TOTAL
DAY 22	2 min 30 sec	2 min 20 sec	4 min 50 sec
DAY 23	2 min 40 sec	2 min 30 sec	5 min 10 sec
DAY 24	2 min 50 sec	2 min 40 sec	5 min 30 sec
DAY 25	REST	REST	-
DAY 26	3 min	2 min 50 sec	5 min 50 sec
DAY 27	3 min 10 sec	3 min	6 min 10 sec
DAY 28	3 min 20 sec	3 min 10 sec	6 min 30 sec

WEEK 5	PLANK	SIDE PLANK	TOTAL
DAY 29	3 min 30 sec	3 min 20 sec	6 min 50 sec
DAY 30	3 min 30 sec	3 min 30 sec	7 min
DAY 31	DONE!	DONE!	DONE!

This physical activity could result in physical injury or other risks. Consult a doctor or other medical professional before you participate in this plank challenge or other physical program. When you take part in this challenge, you accept all risks and you indemnify Sodexo against all liability, claims, losses or damage resulting from these activities.