

## **PLANKNG CHALLENGE - The Schedule**

The layout below is so you can record your time planking each day. The planking times can be used as a guideline – it is important to progress at your own pace, always keeping good form in the plank position. Plank from knees and elbows if a beginner. Avoid this exercise altogether if you have back/knee issues, or get clearance from your doctor.

20 seconds

20

30

35

40

Rest

40

45

55

55

60

Rest

60

70

70

80

90

Rest

90

100

100

110

110

Rest

115

120 (2mins!)

130

140