

28 Day Plank Challenge - May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 1 – 1 Set Level 2 – 2 Sets s = seconds m = minutes	1	2	3	4	5	6
Forearm Plank-15 Secs	Forearm Plank-20 Secs	Forearm Plank-20 Secs	Forearm Plank-20 Secs	Forearm Plank-30 Secs	Forearm Plank-35 Secs	Forearm Plank-40 Secs
Forearm Side Plank (L&R)-20 Secs each	Forearm Side Plank (L&R)-30 s	Forearm Side L&R-40 s	Forearm Side (L&R)-40 s	Forearm Side (L&R)-40 s	Forearm Side Plank (L&R)-15 Secs each side	Forearm Side Plank (L&R)-20 Secs each
7	8	9	10	11	12	13
Forearm Plank-40 s	Forearm Plank – 50 s	Forearm-55 s	Forearm-60 s	Forearm-60 s	Forearm-70 s	Forearm-75 s
Forearm Side Plank (L&R)-20 Secs each	Forearm Side Plank (L&R)-30 s	Forearm Side L&R-40 s	Forearm Side (L&R)-40 s	Forearm Side (L&R)-40 s	Forearm Side Plank w/ L & R Hip Dip-50 s	Forearm Side Plank w/ L & R Hip Dip-55 s
14	15	16	17	18	19	20
Forearm-80 s	Forearm-80 s	Forearm-90 s	Forearm-95 s	Forearm-100 s	Forearm-100 s	Forearm-110 s
Forearm Side Plank w/ L & R Hip Dip-55 s	Forearm Side w/ L&R Hip Dip-60 s	Forearm Side w/ L&R Hip Dip-70 s	Forearm Side w/ L&R Hip Dip-75 s	Forearm Side w/ L&R Hip Dip-80 s	Forearm Side w/ L&R Hip Dip-80 s	Forearm Side w/ L&R Hip Dip-90 s
High Plank Reach-40 s	High Plank Reach-40 s	High Plank Reach-50 s	High Plank Reach-55 s	High Plank Reach-60 s	High Plank Reach-60 s	High Plank Reach-70 s
						Wide Grip Push-Up-40 s
21	22	23	24	25	26	27
Forearm-2 m	Forearm-2 m	Forearm-2 m	Forearm-2 m	Forearm-2 m	Forearm-2 m	Forearm-2 m
Forearm Side w/ L&R Hip Dip-95 s	Forearm Side w/ L&R Hip Dip-100 s	Forearm Side w/ L&R Hip Dip-2 m	Forearm Side w/ L&R Hip Dip-2 m	Forearm Side w/ L&R Hip Dip-2 m	Forearm Side w/ L&R Hip Dip-2 m	Forearm Side w/ L&R Hip Dip-95 s
High Plank Reach-75 s	High Plank Reach-80 s	High Plank Reach-95 s	High Plank Reach-100 s	High Plank Reach-110 s	High Plank Reach-2 m	High Plank Reach-2 m
Wide Grip Push-Up-40 s	Wide Grip Push-Up-50 s	Wide Grip Push-Up-60 s	Wide Grip Push-Up-65 s	Wide Grip Push-Up-65 s	Wide Grip Push-Up-70 s	Wide Grip Push-Up-75 s
28	29	30	31			
Forearm-2 m	You've completed the challenge! Well done!					
Forearm Side w/ L&R Hip Dip-2 m						
High Plank Reach-2 m						
Wide Grip Push-Up-80 s						
 SIMPSON FAMILY WELLNESS Chiropractic, PLLC						

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TYPES OF PLANKS FOR THIS CHALLENGE (Example pictures are under each description)

- 1) **Forearm Plank** Place elbows directly beneath your shoulders, legs extended. Press through your heels so calves are lengthened. Draw your navel toward your spine and engage your glutes.



- 2) **Forearm Side Plank** Start in basic low plank. Make fists with both hands and rotate your right fist into your left elbow to transition into a right-side plank. Extend your left arm to the ceiling. Hold the right-side plank for _____secs then pass through basic plank and rotate your left fist into your right elbow to transition into a left side plank.

Form Tip: Remember to keep your glutes engaged and navel toward your spine. Drive your hips toward the ceiling and stack your feet to keep your hips square



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- 3) **Forearm Side Plank with Hip Dips** Assume basic low plank position and transition into a right-side plank. Drive your hips toward the ceiling, then dip your right hip toward the floor, then back to the start position. You should feel this strongly in your right-side oblique. Then, repeat on the left side.



- 4) **High Plank Reach** Assume a high plank position. Walk your hands as far forward as you possibly can, drawing your navel in and squeezing your butt.



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- 5) **Wide Grip Push-Up** Walk your hands slightly wider than shoulder-width, feet hip-width. Maintaining a strong core, bend your elbows to create a 90-degree angle biceps to forearms. Press back to your start position.

