



30 Day Plank Challenge - 30 Different Planks

Congrats on making the commitment to a healthier, stronger you! Regular workouts have so many benefits, both seen in the mirror and felt by how great you will feel. Cross off each day after completing. Follow up this 30 day plan with another one of the workouts found at [Fit Found Me](http://FitFoundMe.com) for a healthier you!

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| Day 1 Low Plank | Day 2 Side Plank on Forearm | Day 3 Low Side Plank | Day 4 High Plank | Day 5 High Side Plank | Day 6 Plank Up-Downs | Day 7 Low Plank with Knee Taps |
| Day 8 Push-ups | Day 9 Rocking Plank | Day 10 High Plank Reach | Day 11 Plank Jacks | Day 12 High Plank Shoulder Taps | Day 13 Crouching Panther Plank | Day 14 High Plank Rotation |
| Day 15 High Plank Knee to Elbow | Day 16 Plank Wipers | Day 17 Low Side Plank Knee to Elbow | Day 18 Low Plank with Hip Dips | Day 19 Circle Toe Plank | Day 20 Extended Plank | Day 21 Crawling Plank |
| Day 22 Walking Plank | Day 23 Plank with a Row | Day 24 Plank Taps | Day 25 Superman Plank | Day 26 Low Side Plank Rotation Leg Lift | Day 27 Starfish Plank | Day 28 High Plank with Hip Dips |
| Day 29 Wide Planks | Day 30 Plank Knee Taps | <p>Great job for completing this challenge!!!</p> <p>Visit www.FitFoundMe.com, go to the Challenges page, then this post, and in the comments section, tell us the results you saw from this challenge.</p> | | | | |

How to Guide for each Plank!

DAY 1

Low Plank

Start by laying on your stomach on the floor. Place your forearms down, elbows in line with your shoulders and your legs extended. Keep your legs straight with your feet hip-width apart. Hold your body weight up with your forearms and your toes. Throughout this pose, make sure to keep your back straight with your body parallel to the floor. Don't forget to breathe!

Stay in this pose for 30 seconds three times.

DAY 2

Side Plank on Forearm

Start by laying on your side. Prop yourself up on your left forearm, bend your legs, lift your hips and thigh off the floor. Repeat on the right side.

Stay in this pose for 30 seconds three times each side.

DAY 3

Low Side Plank

The side plank should be started by laying on your side. You then slide one elbow beneath your shoulder, with your legs extended. Press up through the side of your foot and your forearm to lift your body. Your opposite arm should be extended to the ceiling. Make sure to not curve your body up or down during this exercise. Hold this for 30 seconds and move to the opposite side.

Stay in this pose for 30 seconds three times each side.

DAY 4

High Plank

High plank is the same form as low plank, except you are in push-up position. Meaning that your arms are straight as opposed to resting on your forearms.

Stay in this pose for 45 seconds three times.

DAY 5

High Side Plank

The high side plank is the same pose as the side plank, other than the arm under your body is straight as opposed to resting on your forearm. Again, be sure to not curve your body up or down during this exercise. Hold this for 30 seconds and move to the opposite side.

Stay in this pose for 30 seconds (per side) three times.

DAY 6

Plank Up-Downs

Begin in a low plank position. Maintaining a straight body, proceed to move up to a high plank position, one arm at a time then lowering back, all while maintaining your form.

Switch off the hand you come out of your plank with for 45 seconds. Do this three times.

DAY 7

Low Plank w/Knee Taps

Begin in a low plank position. Alternate dropping your knees to the floor, putting focus on your core muscles and lower abdomen.

Alternate knee taps for 45 seconds, three times.

DAY 8

Push-Ups

Since push ups are basically a moving plank, it would make sense for us to add them to this challenge. Begin in a high plank position and lower yourself by bending your elbows and pushing yourself back up to a high plank position.

Do 10 reps, 3 times

DAY 9

Rocking Plank

Start in a forearm plank position and rock your weight back and forth on toes, moving your shoulders towards your hands and back.

Do this 2 times for 30 seconds each.

DAY 10

High Plank Reach

Begin in a high plank pose. Move your hands in front of you as far as you can, while flexing your glutes and abdomen.

Hold for 30 seconds, three times.

Day 11

Plank Jacks

Start in a high plank position. "Jump" your legs out and back in (like you would in a jumping jack). Be sure to keep a tight core during this movement.

Do this for 45 seconds, three times.

DAY 12

High Plank Shoulder Taps

Begin in a high plank position. Keeping your body straight, lift one hand and tap the opposite shoulder, follow with the other hand/shoulder. Keep your hips in place during this movement.

Continue this movement for 45 seconds, three times.

DAY 13

Crouching Panther Plank

Placing your wrists under your shoulders and your knees directly under your hips, lift your knees 2 inches off the ground while maintaining a flat back.

Do this for 60 seconds, three times.

DAY 14

High Plank Rotation

Do 10 reps, 3 times

DAY 15

High Plank Knee to Elbow

Begin in a high plank position, bringing one knee to the opposite elbow, holding for 3 seconds. Complete this movement on the opposite side.

Continue this movement for 60 seconds, three times.

DAY 16

Plank Wipers

Start in a forearm plank. Using a glider (or paper plate) under one foot, slide your foot to the side like a wiper, keeping the rest of your body straight. Repeat with the opposite leg.

Repeat for three sets.

DAY 17

Low Side Plank Knee to Elbow

Begin in a low plank pose. Bring one knee to the same side elbow, holding it for 3 seconds, keeping your body straight. Alternate sides, continuing for 60 seconds.

Do three sets of 60 seconds.

DAY 18

Low Plank with Hip Dips

Begin in a low plank position. Move your hips to one side and dip down to about 3 inches above the ground. Alternate sides.

Continue this movement for 60 seconds, three times.

DAY 19

Circle Toe Plank

Start in high plank. Raise one leg and rotate in a circular pattern for 30 seconds. Repeat with the opposite leg.

Repeat twice through for a total of 2 min.

DAY 20

Extended Plank

Place yourself in a push-up position with your hands roughly six inches in front of your shoulders. Flex your core, while working to keep your body in a straight line.

Stay in this pose for 45 seconds, three times.

DAY 21

Crawling Plank

Start in high plank. Walk your hands to your feet and back down into high plank.

Repeat for 30 seconds, twice.

DAY 22

Walking plank

Start in a high plank position. Move one hand to the side, followed by the other. Do this 5 times, then go back the opposite way.

Do this set 3 times.

DAY 23

Plank with a row

Grab 2 dumbbells in a weight that you are comfortable with, and position yourself into a high plank pose. Do a one armed dumbbell row, then switch to the other side. Finish with a push up.

Do 10 reps of this exercise, 3 times.

DAY 24

Plank Taps

Start in high plank and alternate reaching in front of you with your hand and tap the floor. Repeat with the opposite hand.

Do this for 30 seconds, 3 times.

DAY 25

Superman Plank

Being in high plank mode, lift and extend one arm and the opposite leg. Hold them parallel to the ground, holding for 30 seconds. Repeat on the other side.

Do 3 reps of this exercise, 3 times.

DAY 26

Low Side Plank, with Rotation and Leg Lift

Begin in the left side plank position. Stack your feet and place your right hand under your head. Hold your hips high while rotating your right elbow to your left fist, while lifting your right leg up, holding for 45 seconds.

Alternate sides and complete each set 3 times.

DAY 27

Starfish Plank

Start in side plank, resting your weight on your left hand and the side of your left foot. Raise your right arm straight up and at the same time, raise your right leg. Hold for 20-30 seconds. Switch sides and repeat.

Repeat this 3 times each side.

DAY 28

High Plank with Hip Dips

Start in high plank. Move your hips to one side and dip down to about 3 inches above the ground. Alternate sides.

Do this for 30 seconds, three times.

DAY 29

Wide Plank

Being in a high plank position. Move your arms out slightly wider than your shoulders, while continuing to keep your body straight and your core tense and strong.

Hold this pose for 45 seconds, three times.

DAY 30

Plank Knee Taps

Start in high plank. Reach your right hand to tap your left knee. Repeat with your left hand to reach to your right knee.

Do these for 30 seconds, three times.