

# DAY PLANK CHALLENGE

## Firm Your Tum - Strongest Core Ever!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<a href="#">Forearm Plank (Low Plank)</a>	<a href="#">Extended Arm Plank (High Plank)</a>	<a href="#">Forearm Side Plank</a>	<a href="#">High Side Plank</a>	<a href="#">Low Plank with Knee Taps</a>	<a href="#">High Plank Shoulder Taps</a>	<a href="#">Plank Up-Downs</a>	<a href="#">Nail the Basics</a>	<a href="#">Basic Triceps Push-Up</a>	<a href="#">Low Plank with Hip Dips</a>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<a href="#">Plank Jacks</a>	<a href="#">Low Side Plank with Hip Dips</a>	<a href="#">High Plank Knee to Opposite Elbow</a>	<a href="#">Low Side Plank Knee to Same Side Elbow</a>	<a href="#">Plank Ups and Downs</a>	<a href="#">Standard Wide Grip Push-Up</a>	<a href="#">Crouching Panther Plank</a>	<a href="#">Low Side Plank, Rotate, and Leg Lift</a>	<a href="#">High Plank Reach</a>	<a href="#">High Side Plank/Hip Dip/Leg Lift</a>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<a href="#">Moving Lateral Panther Plank</a>	<a href="#">Step Up Your Side Plank</a>	<a href="#">Triceps Push-Up with Rotation</a>	<a href="#">Towel Plank Rows</a>	<a href="#">High Side Plank Thread/Leg Lift</a>	<a href="#">Towel Plank Army Crawls</a>	<a href="#">High Side Plank/Crunch/Toe Tap</a>	<a href="#">Towel One-Legged High Plank Pull</a>	<a href="#">Get a Move On</a>	<a href="#">Crouching Tiger Push-Ups</a>

Don't collapse your weight into the shoulders.

Keep tension out of your neck by keeping it in line with your spine. Keep your gaze past the end of the mat.

Squeeze your glutes. Form the true plank position: straight line from the toes, through the hips, up to your neck.

Keep your shoulders directly over your wrists.

Brace your core.

Keep the balls of your feet pushing into the mat. Activate the entire leg.

