



## Beach to Peak Plank Challenge

- Develop a daily practice of plank and you will increase strength and willpower!
- Be curious and experimental.
- Play with props to support you.
- Post your time, what type or how you did your plank (forearm, blocks, etc)
- Warm up with cat/cows or your favorite warm ups.
- Be willing to bring the best you have in the moment. Challenge yourself wherever your edge happens to be.
- Rest when you need to. Work on strengthening without pain.
- Start achievable and mix it up! Maybe just committing to doing some core exercise daily is great for you. Time itself is just an arbitrary number that works as a goal for some people but not everybody.

This diagram is just ONE example of getting started with different positions.

Mon	1 - 3 x 30 second plank	1 - 3 x 30 second plank	1 - 3 x 30 second plank	1 - 3 x 30 second plank, both sides
Tue	1 - 3 x 30 second plank	1 - 3 x 30 second plank	1 - 3 x 30 second plank	1 - 3 x 30 second plank, both sides
Wed	2 - 4 x 45 second plank	2 - 4 x 45 second plank	2 - 4 x 45 second plank	2 - 4 x 45 second plank, both sides
Thu	2 - 4 x 45 second plank	2 - 4 x 45 second plank	2 - 4 x 45 second plank	2 - 4 x 45 second plank, both sides
Fri	Rest day	Rest day	Rest day	Rest day
Sat	3 - 5 x 60 second plank	3 - 5 x 60 second plank	3 - 5 x 60 second plank	3 - 5 x 60 second plank, both sides
Sun	3 - 5 x 60 second plank	3 - 5 x 60 second plank	3 - 5 x 60 second plank	3 - 5 x 60 second plank, both sides

The app, Plank Workout, is also great for all levels of plank er's. Apple or Samsung



Plank Workout - 30 Days Plank Challenge Free

Leap Fitness Group Health & Fitness

★★★★★ 36,179

Everyone

Contains Ads

This app is compatible with all of your devices.

A good basic article about plank and on how to modify it.



<https://www.pelvicexercises.com.au/plank-exercise/?fbclid=IwAR10kGf75ISzGXYRg1PIO-gavpoqGpoZ6yksdzS6m6BbIWtjn5Vy0GbNRbY>

Hands and wrists bothering you? Friend and fellow yoga instructor, Susannah Johnson has a youtube channel with lots of free yoga. I referenced her class [https://www.youtube.com/watch?v=Nl1t-NVtFzU&feature=youtu.be&fbclid=IwAR2G6oX2\\_ITpf79kxzbBuR35t08E8RFEbbH8HtnKUAfw0V\\_9SAJgDUg2v8Q](https://www.youtube.com/watch?v=Nl1t-NVtFzU&feature=youtu.be&fbclid=IwAR2G6oX2_ITpf79kxzbBuR35t08E8RFEbbH8HtnKUAfw0V_9SAJgDUg2v8Q)

Support her by subscribing to her channel!

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Here's a good intro to the plank. OK so there's a dog in this video and the guy has a British accent . Two pluses and he demonstrates some common mistakes and how to fix them.



<https://www.youtube.com/watch?v=-Jw7ZM152q0&fbclid=IwAR1mBcwNXwe2eXJ0P5TTbl7puv8jmgECLQRCK708bSh23x2MGUbCxJGNi78>

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Not ready to plank? How to build core strength- Dead Bug Pose

The dead bug pose is a great pose to work up to plank or if your shoulders or back happen to be sore and you don't feel like planking. We reviewed this in class on Monday, but here's an article about it. I love this pose, always feel free to take it if you just aren't feeling the plank! On your exhale draw the belly in and on your inhale take a nice diaphragmatic breath. There are a lot of variations, but just keeping the arms up and legs either straight up or in a table top (squeeze a block between the thighs to really engage the core). Do this for as long as you can and I guarantee you will feel it in your core. You can always curl up in a ½ crunch or touch opposite elbow to opposite knee for a harder variation.



[https://www.studiobpoweryoga.com/blog/deadbug?fbclid=IwAR0spdI57wnQUWWIBuTUX027iGnhqh9z\\_swp8GSw\\_bj1yXoWf\\_tEX8lhztM](https://www.studiobpoweryoga.com/blog/deadbug?fbclid=IwAR0spdI57wnQUWWIBuTUX027iGnhqh9z_swp8GSw_bj1yXoWf_tEX8lhztM)

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Counter stretch time with reverse table top



<https://www.yogabasics.com/asana/crab-pose/>

**Upward Plank Pose** - Purvottanasana counteracts the effects of Chaturanga(yogi pushups) by stretching the pectoralis major, pectoralis minor, and anterior deltoids.



From Barb Lier Delaney some harder plank variations

### Knee Tuck Planks

This move begins in a straight arm plank with wrists positioned under the shoulders and feet hip-width apart, in an upward pushup position.

When ready, bend your left knee, bringing it forward (as you rotate your waist slightly) and diagonal towards your right elbow, hold for 30-seconds and return your foot parallel to the mat. You can repeat this plank on the right side, and also by bringing each knee up to meet the elbow on the same side. This is often called spiderman plank

[https://www.shape.com/fitness/workouts/ultimate-30-day-plank-challenge-your-strongest-core-ever?hid=&did=371711-20191023&utm\\_campaign=save-my-workout-lifecycle&utm\\_source=shape.com&utm\\_medium=email&utm\\_content=102319](https://www.shape.com/fitness/workouts/ultimate-30-day-plank-challenge-your-strongest-core-ever?hid=&did=371711-20191023&utm_campaign=save-my-workout-lifecycle&utm_source=shape.com&utm_medium=email&utm_content=102319)

# 31 day PLANK CHALLENGE

1 <b>FOREARM PLANK</b> 	2 <b>FOREARM SIDE PLANK</b> 	3 <b>EXTENDED ARM PLANK</b> 	4 <b>EXTENDED SIDE PLANK</b> 	5 <b>KNEE TAPS</b> 	6 <b>SHOULDER TAPS</b> 	7 <b>PLANK UP-DOWNS</b> 
8 <b>FRIDAY FLOW</b> 	9 <b>TRICEPS PUSH-UP</b> 	10 <b>FOREARM HIP DIPS</b> 	11 <b>PLANK JACKS</b> 	12 <b>SIDE PLANK DIPS</b> 	13 <b>KNEE TO OPPOSITE ELBOW</b> 	14 <b>KNEE TO SAME ELBOW</b> 
15 <b>FRIDAY FLOW</b> 	16 <b>WIDE GRIP PUSH-UP</b> 	17 <b>PANTHER</b> 	18 <b>SIDE PLANK ROTATION + LEG LIFT</b> 	19 <b>PLANK REACH</b> 	20 <b>SIDE PLANK HIP DIP + LEG LIFT</b> 	21 <b>MOVING PANTHER</b> 
22 <b>FRIDAY FLOW</b> 	23 <b>TRICEPS PUSH-UP + ROTATION</b> 	24 <b>PLANK ROWS</b> 	25 <b>THREAD THE NEEDLE + LEG LIFT</b> 	26 <b>ARMY CRAWLS</b> 	27 <b>SIDE PLANK CRUNCH + TOE TAP</b> 	28 <b>ONE-LEG PULL</b> 
29 <b>FRIDAY FLOW</b> 	30 <b>CROUCHING TIGER PUSH-UPS</b> 	31 <b>BONUS! PLANK HOLD</b> 				

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[shape.com/plankchallenge](https://shape.com/plankchallenge)