



squareone

PHYSIO + PILATES + EXERCISE

May Challenge – 2 Minute Plank in 30 Days!

EXERCISE OPTIONS – CHOOSE 1 that is appropriate for you.

1) Plank on a Bench



Setup

Begin standing with your hands resting on a table.

Movement

Lean onto the table with both hands as you keep your elbows straight and walk your feet backward into a plank position. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

2) Plank on Knees



Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

3) Standard Plank



Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

4) Plank on One Leg



Setup

Begin on all fours.

Movement

Move your body forward into a plank position, with your elbows on the ground.

Maintaining this position, lift one foot straight backward off the floor, then hold.

Tip

Make sure to keep your back straight and core engaged. Do not let your hips rotate to either side as you lift your legs.



squareone

PHYSIO + PILATES + EXERCISE

Day 1	15 Seconds	Day 16	70 Seconds
Day 2	20 Seconds	Day 17	75 Seconds
Day 3	25 Seconds	Day 18	Rest
Day 4	30 Seconds	Day 19	75 Seconds
Day 5	35 Seconds	Day 20	80 Seconds
Day 6	Rest	Day 21	85 Seconds
Day 7	35 Seconds	Day 22	90 Seconds
Day 8	40 Seconds	Day 23	95 Seconds
Day 9	45 Seconds	Day 24	Rest
Day 10	50 Seconds	Day 25	100 Seconds
Day 11	55 Seconds	Day 26	105 Seconds
Day 12	Rest	Day 27	110 Seconds
Day 13	55 Seconds	Day 28	115 Seconds
Day 14	60 Seconds	Day 29	Rest
Day 15	65 Seconds	Day 30	120 Seconds