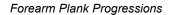


30-Day Plank Challenge

Jan 10	30 sec forearm plank	Jan 25	2 min 40 sec forearm plank
Jan 11	40 sec forearm plank	Jan 26	3 min forearm plank
Jan 12	1 min forearm plank	Jan 27	3 min 10 sec forearm plank
Jan 13	Locust lifts x 10 reps	Jan 28	Locust lifts x 18 reps
Jan 14	20 sec side forearm plank ea side	Jan 29	1 min side forearm plank ea side
Jan 15	1 min 10 sec forearm plank	Jan 30	3 min 30 sec forearm plank
Jan 16	1 min 20 sec forearm plank	Jan 31	3 min 40 sec forearm plank
Jan 17	1 min 30 sec forearm plank	Feb 1	4 min forearm plank
Jan 18	Locust lifts x 12 reps	Feb 2	Locust lifts x 20 reps
Jan 19	30 sec side forearm plank ea side	Feb 3	1 min 30 sec side forearm plank ea side
Jan 20	2 min forearm plank	Feb 4	4 min 10 sec forearm plank
Jan 21	2 min 10 sec forearm plank	Feb 5	4 min 30 sec forearm plank
Jan 22	2 min 30 sec forearm plank	Feb 6	5 min forearm plank
Jan 23	Locust lifts x 15 reps	Feb 7	Locust lifts x 25 reps
Jan 24	45 sec side forearm plank ea side	Feb 8	2 min side forearm plank ea side







Bird Dog Plank Progressions



Side Forearm Plank Progressions



Locust Lift Progressions

Rules:

- 1. To participate, email Susan at insideoutyoga@va.metrocast.net no later than January 10, 2024.
- 2. Venmo \$10 to @Susan-Johnson-627 no later than January 10. (Please note "Plank Challenge.")
- 3. Check off your daily progress, doing any of the above progressions and resting as needed. Straight-Armed Plank or Bird Dog Plank progressions can be substituted for all or part of Forearm Plank.
- 4. Those who complete all 30 days (no skipping!) will split the money. Email Susan by Feb 10 to let her know you've completed it.
- 5. Plank on, yogis! You can do this!!