

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 <i>ea side</i>	Jan 29	1 min side forearm plank <i>ea side</i>
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 <i>ea side</i>	Feb 3	1 min 30 sec side forearm plank <i>ea side</i>
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 <i>ea side</i>	Feb 8	2 min side forearm plank <i>ea side</i>



Forearm Plank Progressions



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!!