

# 30-Day Plank Challenge

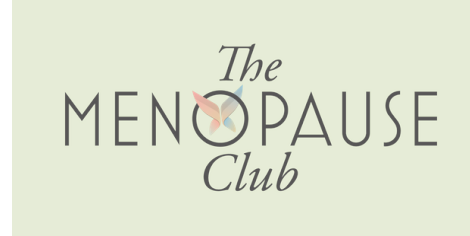


## THE PLANK

- Lying on your stomach slowly lift onto your elbows and knees – this is your starter plank position
- Ensure you lower your hips so there is a straight line from the back of your knees to your head
- Once you are finding it easier on your knees try coming up onto your toes
- Again ensure your body is in a straight line and hold for a given time, drop slowly to your knees if it feels too hard
- Make sure you keep your head in line with your body and relax your breathing

Get Ready!	1 15-second Plank	2 20-second Plank	3 20-second Plank	4 30-second Plank	5 REST	6 30-second Plank
7 40-second Plank	8 40-second Plank	9 50-second Plank	10 REST	11 50-second Plank	12 60-second Plank	13 60-second Plank
14 70-second Plank	15 REST	16 70-second Plank	17 80-second Plank	18 80-second Plank	19 90-second Plank	20 REST
21 90-second Plank	22 100-second Plank	23 100-second Plank	24 110-second Plank	25 REST	26 110-second Plank	27 110-second Plank
28 2 minute Plank	29 2 minute Plank	30 2 minute Plank	<div style="background-color: #c8e6c9; padding: 10px; border-radius: 10px; display: inline-block;"> <h1 style="margin: 0;">Congratulations!</h1> </div>			

# 30-Day Squat Challenge



## THE SQUAT

- Start with your feet shoulder width apart and turned out slightly. Keep your core muscles tight throughout the entire movement.
- Keep your weight in your heels, bend at the knees and hip joint to lower the body towards the floor.
- Exaggerate the motion by sticking your butt out as if you were going to sit in a chair.
- Keep your chest tilted up and your back flat throughout the squatting motion.
- Come back up to a standing position by pressing with your heels.

	<b>1</b> 20 Squats	<b>2</b> 30 Squats	<b>3</b> 40 Squats	<b>4</b> 40 Squats	<b>5</b> REST	<b>6</b> 50 Squats
<b>7</b> 60 Squats	<b>8</b> 70 Squats	<b>9</b> 80 Squats	<b>10</b> REST	<b>11</b> 90 Squats	<b>12</b> 100 Squats	<b>13</b> 100 Squats
<b>14</b> 110 Squats	<b>15</b> REST	<b>16</b> 120 Squats	<b>17</b> 130 Squats	<b>18</b> 140 Squats	<b>19</b> 150 Squats	<b>20</b> REST
<b>21</b> 160 Squats	<b>22</b> 170 Squats	<b>23</b> 180 Squats	<b>24</b> 190 Squats	<b>25</b> REST	<b>26</b> 200 Squats	<b>27</b> 220 Squats
<b>28</b> 230 Squats	<b>29</b> 240 Squats	<b>30</b> 250 Squats	<div style="background-color: #f4a460; border-radius: 15px; padding: 20px; text-align: center; font-size: 2em; font-weight: bold;">                 Congratulations!             </div>			

# 30-Day Push-Up Challenge



## PUSH-UPS

- Start with bodyweight in hands and knees, hands slightly wider than shoulder width apart.
- Drop your hips so that your back is flat and your body makes a straight line from your shoulders to your knees.
- Bend at your elbows, slowly lowering your body to the ground. Maintain a straight spine throughout the motion.
- Get as low as you can without touching the ground or breaking the straight line through your body, then slowly press back up through your hands until your arms are almost completely straight.

	<b>1</b> 5 Push-Ups	<b>2</b> 7 Push-ups	<b>3</b> 9 Push-ups	<b>4</b> 10 Push-ups	<b>5</b> REST	<b>6</b> 12 Push-ups
<b>7</b> 14 Push-Ups	<b>8</b> 16 Push-ups	<b>9</b> 18 Push-ups	<b>10</b> REST	<b>11</b> 20 Push-ups	<b>12</b> 22 Push-Ups	<b>13</b> 25 Push-ups
<b>14</b> 27 Push-ups	<b>15</b> REST	<b>16</b> 30 Push-ups	<b>17</b> 32 Push-ups	<b>18</b> 34 Push-ups	<b>19</b> 36 Push-ups	<b>20</b> REST
<b>21</b> 40 Push-ups	<b>22</b> 42 Push-ups	<b>23</b> 45 Push-ups	<b>24</b> 48 Push-ups	<b>25</b> REST	<b>26</b> 50 Push-ups	<b>27</b> 52 Push-ups
<b>28</b> 55 Push-ups	<b>29</b> 58 Push-ups	<b>30</b> 60 Push-ups	<b>Congratulations!</b>			