

August

2014



Pile O' Planks Challenge

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---|---|---|----------|--|--|
| | | | | | 1 | 2 |
| | | | | | 30 Second Plank 30 Sec Plank Knee to Elbow 30 Sec Plank Leg Lift 30 Sec Side Plank | 30 Second Plank 30 Sec Plank Knee to Elbow 30 Sec Plank Leg Lift 30 Sec Side Plank |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Rest Day | 60 Second Plank 45 Sec Plank Knee to Elbow 45 Sec Plank Leg Lift 30 Sec Side Plank | 60 Second Plank 45 Sec Plank Knee to Elbow 45 Sec Plank Leg Lift 30 Sec Side Plank | 60 Second Plank 45 Sec Plank Knee to Elbow 45 Sec Plank Leg Lift 30 Sec Side Plank 30 Sec Plank Jacks | Rest Day | 60 Second Plank 45 Sec Plank Knee to Elbow 45 Sec Plank Leg Lift 30 Sec Side Plank 30 Sec Plank Jacks | 60 Second Plank 45 Sec Plank Knee to Elbow 45 Sec Plank Leg Lift 30 Sec Side Plank 30 Sec Plank Jacks |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Rest Day | 90 Second Plank 60 Sec Plank Knee to Elbow 60 Sec Plank Leg Lift 45 Sec Side Plank 45 Sec Plank Jacks | 90 Second Plank 60 Sec Plank Knee to Elbow 60 Sec Plank Leg Lift 45 Sec Side Plank 45 Sec Plank Jacks | 90 Second Plank 60 Sec Plank Knee to Elbow 60 Sec Plank Leg Lift 45 Sec Side Plank 45 Sec Plank Jacks | Rest Day | 90 Second Plank 60 Sec Plank Knee to Elbow 60 Sec Plank Leg Lift 45 Sec Side Plank 45 Sec Plank Jacks | 90 Second Plank 60 Sec Plank Knee to Elbow 60 Sec Plank Leg Lift 45 Sec Side Plank 45 Sec Plank Jacks |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Rest Day | 2 Min Plank 75 Sec Plank Knee to Elbow 75 Sec Plank Leg Lift 60 Sec Side Plank 60 Sec Plank Jacks 30 Sec Plank Arm /Leg Raise | 2 Min Plank 75 Sec Plank Knee to Elbow 75 Sec Plank Leg Lift 60 Sec Side Plank 60 Sec Plank Jacks 30 Sec Plank Arm /Leg Raise | 2 Min Plank 75 Sec Plank Knee to Elbow 75 Sec Plank Leg Lift 60 Sec Side Plank 60 Sec Plank Jacks 45 Sec Plank Arm /Leg Raise | Rest Day | 2 Min Plank 75 Sec Plank Knee to Elbow 75 Sec Plank Leg Lift 60 Sec Side Plank 60 Sec Plank Jacks 45 Sec Plank Arm /Leg Raise | 2 Min Plank 75 Sec Plank Knee to Elbow 75 Sec Plank Leg Lift 60 Sec Side Plank 60 Sec Plank Jacks 45 Sec Plank Arm /Leg Raise |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Rest Day | 2 Min 30 Sec Plank 75 Sec Plank Knee to Elbow 75 Sec Plank Leg Lift 60 Sec Side Plank 60 Sec Plank Jacks 45 Sec Plank Arm /Leg Raise 30 Sec Side Plank Reach Thru | 2 Min 30 Sec Plank 75 Sec Plank Knee to Elbow 75 Sec Plank Leg Lift 60 Sec Side Plank 60 Sec Plank Jacks 45 Sec Plank Arm /Leg Raise 30 Sec Side Plank Reach Thru | 2 Min 45 Sec Plank 75 Sec Plank Knee to Elbow 75 Sec Plank Leg Lift 60 Sec Side Plank 60 Sec Plank Jacks 45 Sec Plank Arm /Leg Raise 30 Sec Side Plank Reach Thru | Rest Day | 3 Min Plank 75 Sec Plank Knee to Elbow 75 Sec Plank Leg Lift 60 Sec Side Plank 60 Sec Plank Jacks 60 Sec Plank Arm /Leg Raise 45 Sec Side Plank Reach Thru | 3 Min Plank 75 Sec Plank Knee to Elbow 75 Sec Plank Leg Lift 60 Sec Side Plank 60 Sec Plank Jacks 60 Sec Plank Arm /Leg Raise 45 Sec Side Plank Reach Thru |

