

The Plank Challenge



What if we told you that you could totally transform your body in just four minutes? You probably think that it sounds too good to be true. However, with the 28-day Plank Challenge featured in [Women Daily Magazine](#), you will see results by slowly training your body for endurance and strength. While it's not exactly a quick fix, it is a slow progression toward amazing results.

We know you are interested in learning more about this challenge and what it does for your body. Read on to see what you could do for your body in just under a month.

The Challenge

The Plank Challenge must be completed in 4 weeks. At first, you simply start out in the plank position for 20 seconds. Easy, right? Slowly you will build up your stamina until you are planking for 4 minutes during the final weeks. Follow this plan:

Day 1 – 20 seconds
Day 2 – 20 seconds
Day 3 – 30 seconds
Day 4 – 30 seconds
Day 5 – 40 seconds
Day 6 – rest
Day 7 – 45 seconds
Day 8 – 45 seconds
Day 9 – 60 seconds
Day 10 – 60 seconds

Day 11 – 60 seconds (1 min)
Day 12 – 90 seconds
Day 13 – rest
Day 14 – 90 seconds
Day 15 – 90 seconds
Day 16 – 120 seconds
Day 17 – 120 seconds (2 min)
Day 18 – 150 seconds
Day 19 – rest
Day 20 – 150 seconds
Day 21 – 150 seconds
Day 22 – 180 seconds (3 min)
Day 23 – 180 seconds
Day 24 – 210 seconds
Day 25 – rest
Day 26 – 210 seconds
Day 27 – 240 seconds (4 min)
Day 28 – Until failure

How to Properly Plank

The key to getting great results comes down to perfecting the proper planking position. According to an article from [Physical Living](#), this is how to do it:

1. Make sure that your arms are positioned correctly. Elbows should be directly under the shoulders to ensure proper weight distribution.
2. The spine should remain straight. Avoid rounding out the spine and putting unnecessary pressure on your neck and back.
3. Make sure to tighten the core so that it benefits from the exercise.
4. Keep your legs slightly spread. Pay attention to how your hips feel during the exercise. There should be no added pressure to the hip area. Adjust the distance between your feet as needed.
5. Your breathing should be slow and deliberate so that your core is fully engaged and your body is relaxed.

Why Planking?

You may be wondering why The Planking Challenge makes for such a good workout plan. After all, the exercise seems a bit simplistic to be a full body workout. However, it is just that. Here's what planking does for your body:

1. Tones your stomach-As described above, planking involves using your core to stabilize your body and carry out the physical demands to maintain the proper planking position. The abdominal muscles are engaged during this workout. Over time, those muscles tone and tighten to give you a great looking stomach.

2 Promotes good posture-Because your abs play a huge role in your ability to maintain good posture, planking can also be good for your balance and stability. Over time, you'll be able to stand up straight and achieve a broader range of movement.

3. Increases Flexibility- According to an article published by [Mercola](#), your flexibility will improve as you work your back and shoulder muscles in the plank position. The shoulder blades will actually stretch which promote a better range of motion.

Who knew such a simple challenge could achieve such great results? Check out the video below for a total breakdown of how to do a proper plank. Share today to challenge your friends.

Credits: [Women Daily Magazine](#), [Physical Living](#), and [Mercola](#)

[Youtube Video](#)