

Sweet Ab Challenge

You can improve your planking time by including these easy 10-15 minute plank workouts daily for the next 6 weeks.

Exercise	Hold Time / Reps	Rest	Sets
1st WEEK: ± 10 Minute Workout			
Plank	30 seconds	30 seconds	4 sets
Right Side Plank*	20 seconds	20 seconds	3 sets
Left Side Plank*	20 seconds	20 seconds	3 sets
2nd WEEK: ±10 Minute Workout			
Plank	45 seconds	25 seconds	4 sets
Right Side Plank*	25 seconds	15 seconds	3 sets
Left Side Plank*	25 seconds	15 seconds	3 sets
3rd WEEK: ± 15 Minute Workout			
Plank	60 seconds	20 seconds	4 sets
Right Side Plank*	45 seconds	15 seconds	3 sets
Left Side Plank*	45 seconds	15 seconds	3 sets
4th WEEK: ± 15 Minute Workout			
Plank	60 seconds	15 seconds	4 sets
Right Side Plank*	60 seconds	10 seconds	3 sets
Left Side Plank*	60 seconds	10 seconds	3 sets
5th WEEK: ± 15 Minute Workout			
Dumbbell Plank Drag [#]	20 reps <small>(10 reps each side)</small>	30 seconds	3 sets
Right Side Plank*	60 seconds	10 seconds	3 sets
Left Side Plank*	60 seconds	10 seconds	3 sets
6th WEEK: ± 15 Minute Workout			
Dumbbell Plank Drag [#]	20 reps <small>(10 reps each side)</small>	30 seconds	3 sets
Right Side Plank*	60 seconds	10 seconds	3 sets
Left Side Plank*	60 seconds	10 seconds	3 sets

*You can alternate or complete all sets on one side and then move on to the other as long as you do 6 sets of side plank in total, 3 on the right and 3 on the left.

You can use a 1 litre water bottle if you don't have a dumbbell at home.