



25 Day Planking Challenge for Beginners

Day 1 and 2, choose 2 planks and hold them each for 20 seconds.

Day 3 and 4, hold them for 30 seconds.

Day 5, hold them for 40 seconds.

Day 6, rest.

Day 7-8, hold them for 45 seconds

Day 9-11, hold them for one minute

Day 12, hold them for a minute and a half.

Day 12, rest.

Day 14-17, hold them for 2 minutes each.

Day 18, hold them for 2 minutes and 30 seconds.

Day 19, rest.

Day 20-25, hold them for three minutes.