

PLANK PROGRESSION: BEGINNER

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6 sets Plank: 10 sec Rest: 20 sec	Rest	6 sets Plank: 10 sec Rest: 15 sec	Rest	5 sets Plank: 15 s Rest: 20s	Rest	6 sets Plank: 15 sec Rest: 15 sec
Rest	6 sets Plank: 15 sec Rest: 10 sec	Rest	6 sets Plank: 20 s Rest: 10 s	Rest	4 sets Plank: 30 s Rest: 15 s	4 sets Plank: 30 s Rest: 15 s
Rest	3 sets Plank: 40 s Rest: 20 s	Rest	3 sets Plank: 50 s Rest: 30 s	Rest	3 sets Plank: 60 s Rest: 30 s	3 sets Plank: 60 s Rest: 15 s
Rest	3 sets Plank: 60 s Rest: 20 s 1 set Plank: 30 s	Rest	3 sets Plank: 60 s Rest: 10 s 1 set Plank: 30 s	Rest	3 sets Plank: 60 s Rest: 20 s 1 set Plank: 45 s	3 sets Plank: 60 s Rest: 10 s 1 set Plank: 45 s
Rest	Plank to failure					

PLANK PROGRESSION: INTERMEDIATE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
3 sets Plank: 30 s Rest: 20 s	3 sets Plank: 30 s Rest: 15 s	2 sets Plank: 45 s Rest: 20 s	Rest	Plank: 60 s Rest: 20 s Plank: 30 s	1 set Plank: 60 s Rest: 15 s 1 set Plank: 30 s	Rest
1 set Plank: 90 s	Rest	2 sets Plank: 60 s Rest: 30 s	Rest	2 sets Plank: 60 s Rest: 20 s	2 sets Plank: 60 s Rest: 10 s	Rest
Plank: 60 s Rest: 30 s Plank: 30 s	Rest	Plank: 60 s Rest: 20 s Plank: 30 s	Rest	3 sets Plank: 55 s Rest: 20 s	3 sets Plank: 55 s Rest: 10 s	Rest
2 sets Plank: 90 s Rest: 30 s	2 sets Plank: 90 s Rest: 20 s	Plank: 3 min	Rest	2 sets Plank: 100 s Rest: 20 s	Plank: 3:30	Rest
Plank: 3:45	Rest	Plank: to failure				

PLANK PROGRESSION: ADVANCED

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
3 sets Plank: 30 s Rest: 10 s	2 sets Plank: 45 s Rest: 20 s	2 sets Plank: 45 s Rest: 10 s	Rest	Plank: 60 s Rest: 20 s Plank: 30 s	Plank: 60 s Rest: 10 s Plank: 30 s	2 sets Plank: 60 s Rest: 20 s
2 sets Plank: 60 s Rest: 15 s	2 sets Plank: 60 s Rest: 10 s	Rest	2 sets Plank: 60 s Rest: 20 s 1 set 15 s	2 sets Plank: 60 s Rest: 20 s 1 set 10 s	Rest	Plank: 90 s Rest: 30 s Plank: 60 s
Plank: 90 s Rest: 15 s Plank: 60 s	Plank: 2:30	Rest	3 sets Plank: 55 s Rest: 10 s	Plank: 2:45	Rest	2 sets Plank: 90 s Rest: 20 s
2 sets Plank: 90 s Rest: 10 s	2 sets Plank: 100 s Rest: 20 s	Rest	Plank: 3:00 Rest: 15 s Plank: 30 s	Plank: 3:00 Rest: 10 s Plank: 30 s	Rest	Plank: 3:45
Plank: to failure						