

# AQs Plank Challenge

I CAN DO IT!

## Goals

- Improve core strength
- Improve upper body strength

This is MY plan, if you want to join the fun, adjust as needed to suit your needs !!

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December 2020

Day 1 - Hold floor plank for as long as possible and record time: \_\_\_\_\_

## Circle any issues

Sore wrist/s? RIGHT/LEFT

Sore elbow? RIGHT/LEFT

Difficulty maintaining straight back? YES/NO

Sore lower back soon after beginning challenge i.e. week 1? YES/NO

Significant core muscle soreness? YES/NO

Other observation notes \_\_\_\_\_

## Adaptations to consider:

- Dumbbells to hold: *this repositions your hands and wrists to a more comfortable position if you have wrist issues*
- Incline to reduce weight strain
- Elbow plank
- Knee plank

All these options are great to get you started!



**Incline level 1 is using an 18"**

high sturdy stool to reduce the weight strain on the lower back in the initial stages of this plank challenge



**Incline level 2 is using a 12"**  
high sturdy stool to reduce the weight strain on my lower back in the intermediate stages of this plank challenge



January 2021

Plank level 1 incline 30+ seconds x 2

February 2021

Plank level 1 incline 40+ seconds x 2

March 2021

Plank 45+ seconds

Then level 1 incline 45+ seconds x 2

Repeat 3+ times daily at least 3 to 5 times per week!



April 2021

Plank 50+ seconds

Then level 2 incline plank 50+ seconds

May 2021

Plank 55+ seconds

Then level 2 incline plank 55+ seconds

June 2021

Plank 60+ seconds

Then level 2 incline plank 60+ seconds

July 2021

Plank 70+ seconds

Then level 2 incline plank 70+ seconds

August 2021

Plank 80+ seconds

Then level 2 incline plank 80+ seconds

September 2021

Plank 90+ seconds

Then level 2 incline plank 90+ seconds



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Slow and steady progress will happen! Keep at it!

October 2021

Plank 70+ seconds x 2

November 2021

Plank 80+ seconds x 2

End of 2021 GOAL!

December 2021

Plank 90+ seconds x 2

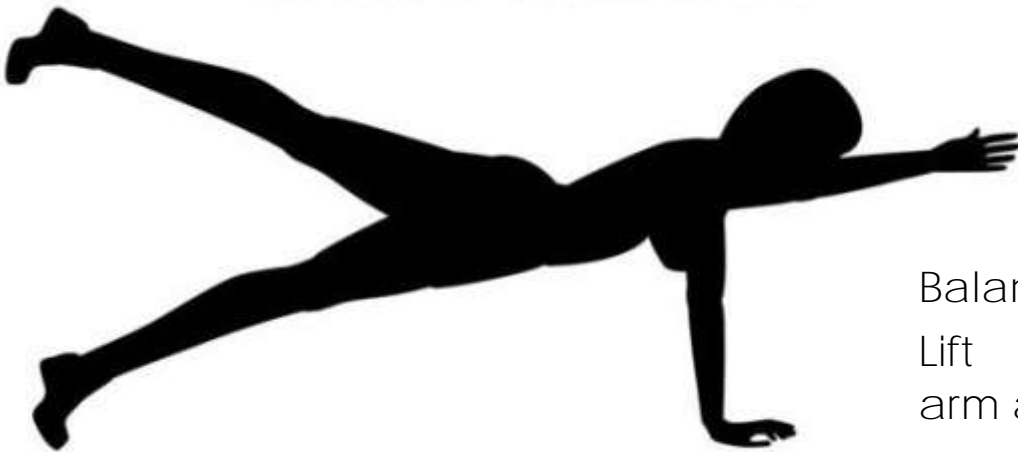


There's always room to add on extra challenge throughout the year if you are building strength faster than planned! Rather than add time, try adding a different plank variation to your repertoire  
Here are some examples!



Side Plank

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Balance Plank  
Lift and extend opposite arm and leg

### Swiss Ball Plank

The instability of the swiss ball makes your muscles constantly have to adjust to slight movements.

