

28-DAY CORE PLANK CHALLENGE

FOR RECIPES + WORKOUTS VISIT HEANDSHEEATCLEAN.COM

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
HOLD A REGULAR PLANK AS LONG AS POSSIBLE. RECORD YOUR TIME.	30 SECOND PLANK	2 – 30 SECOND PLANKS	3 – 30 SECOND PLANKS	4 – 30 SECOND PLANKS	5 – 30 SECOND PLANKS	OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
HOLD A REGULAR PLANK AS LONG AS POSSIBLE. RECORD YOUR TIME.	2 – 30 SECOND PLANKS 30 SECONDS MTN CLIMBERS	3 – 30 SECOND PLANKS 2 – 30 SECONDS MTN CLIMBERS	4 – 30 SECOND PLANKS 3 – 30 SECONDS MTN CLIMBERS	5 – 30 SECOND PLANKS 4 – 30 SECONDS MTN CLIMBERS	6 – 30 SECOND PLANKS 5 – 30 SECONDS MTN CLIMBERS	OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
HOLD A REGULAR PLANK AS LONG AS POSSIBLE. RECORD YOUR TIME.	2 – 30 SECOND PLANKS 30 SECOND SIDE PLANK (EACH SIDE)	3 – 30 SECOND PLANKS 2 – 30 SECOND SIDE PLANKS (EACH SIDE)	4 – 30 SECOND PLANKS 3 – 30 SECOND SIDE PLANKS (EACH SIDE)	5 – 30 SECOND PLANKS 4 – 30 SECOND SIDE PLANKS (EACH SIDE)	6 – 30 SECOND PLANKS 5 – 30 SECOND SIDE PLANKS (EACH SIDE)	OFF
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
HOLD A REGULAR PLANK AS LONG AS POSSIBLE. RECORD YOUR TIME.	45 SECOND PLANK	2 – 45 SECOND PLANKS	50 SECOND PLANK	2 – 50 SECOND PLANKS	HOLD A REGULAR PLANK AS LONG AS POSSIBLE. RECORD YOUR TIME.	1 MINUTE PLANK 1 MINUTE SIDE PLANK (EACH SIDE) 1 MINUTE MTN CLIMBERS

28 DAY PUSH-UP CHALLENGE

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DAY 1	5 KNEELING PUSH-UPS	DAY 15	8 FULL PUSH-UPS 12 KNEELING PUSH-UPS
DAY 2	6 KNEELING PUSH-UPS	DAY 16	9 FULL PUSH-UPS 11 KNEELING PUSH-UPS
DAY 3	7 KNEELING PUSH-UPS	DAY 17	10 FULL PUSH-UPS 10 KNEELING PUSH-UPS
DAY 4	8 KNEELING PUSH-UPS	DAY 18	11 FULL PUSH-UPS 9 KNEELING PUSH-UPS
DAY 5	9 KNEELING PUSH-UPS	DAY 19	12 FULL PUSH-UPS 8 KNEELING PUSH-UPS
DAY 6	10 KNEELING PUSH-UPS	DAY 20	13 FULL PUSH-UPS 7 KNEELING PUSH-UPS
DAY 7	REST	DAY 21	REST
DAY 8	2 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 22	14 FULL PUSH-UPS 6 KNEELING PUSH-UPS
DAY 9	3 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 23	15 FULL PUSH-UPS 5 KNEELING PUSH-UPS
DAY 10	4 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 24	16 FULL PUSH-UPS 4 KNEELING PUSH-UPS
DAY 11	5 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 25	17 FULL PUSH-UPS 3 KNEELING PUSH-UPS
DAY 12	6 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 26	18 FULL PUSH-UPS 2 KNEELING PUSH-UPS
DAY 13	7 FULL PUSH-UPS 10 KNEELING PUSH-UPS	DAY 27	19 FULL PUSH-UPS 1 KNEELING PUSH-UP
DAY 14	REST	DAY 28	20 FULL PUSH-UPS

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DAY 1 START WALKING <i>20 minutes</i>	DAY 2 SHORT WALK <i>20 minutes</i>	DAY 3 SHORT WALK <i>20 minutes</i>	DAY 4 STEP IT UP <i>30 minutes</i>	DAY 5 RELAXED WALK <i>20 minutes</i>
DAY 6 STEP IT UP <i>30 minutes</i>	DAY 7 PUSH YOURSELF <i>60 minutes</i>	DAY 8 RELAXED WALK <i>20 minutes</i>	DAY 9 SHORT WALK <i>20 minutes</i>	DAY 10 STEP IT UP <i>30 minutes</i>
DAY 11 KEEP ON GOING <i>30 minutes</i>	DAY 12 RELAXED WALK <i>20 minutes</i>	DAY 13 STEP IT UP <i>30 minutes</i>	DAY 14 YOU'VE GOT THIS <i>60 minutes</i>	DAY 15 HALF WAY THERE <i>30 minutes</i>
Now it's time to make it more interesting. Challenge yourself to increase your distance each day. You could also walk with a friend for extra enjoyment and motivation.				
DAY 16 RELAXED WALK <i>20 minutes</i>	DAY 17 SHORT WALK <i>20 minutes</i>	DAY 18 STEP IT UP <i>30 minutes</i>	DAY 19 SHORT WALK <i>20 minutes</i>	DAY 20 KEEP ON GOING <i>30 minutes</i>
DAY 21 SHORT WALK <i>20 minutes</i>	DAY 22 STEP IT UP <i>30 minutes</i>	DAY 23 SHORT WALK <i>20 minutes</i>	DAY 24 SHORT WALK <i>20 minutes</i>	DAY 25 PUSH YOURSELF <i>60 minutes</i>
DAY 26 SHORT WALK <i>20 minutes</i>	DAY 27 KEEP ON GOING <i>30 minutes</i>	DAY 28 YOU'VE GOT THIS <i>60 minutes</i>	DAY 29 ALMOST THERE <i>20 minutes</i>	DAY 30 YOU DID IT! <i>20 minutes</i>

Hardest: Regular pushups

1



2



Medium: Knee push ups

1



2



Easier: Incline push ups (hands on a bed, counter, or table)

1



2



Easiest: Wall push ups

1



2



Hardest: plank on elbows



Hard: Plank on extended arms



Medium: plank on knees



Easier: plank on the counter or table



Easiest: Plank on wall



Alternatives for people who use wheelchairs:

Instead of walking:

1. Propel around the house for 10 minutes
2. Stand in the standing frame with a staff support
3. Lay a mat on the ground for some rolling and crawling
4. Dance in your wheelchair for 10 minutes

Instead of push ups:

1. Shoulder raises
2. Bicep curls
3. Table push ups (wheel up to the table, put the brakes on and do push ups with your hands on the table top)
4. Wheelchair press ups

Instead of planks:

1. Sitting tall with good posture, for as long as you can
2. Seated mountain pose