



**THE BEGINNER 30
DAY PLANK
CHALLENGE**

**How to Do the
Basic Plank**

www.yanenglish.com

© Healthy Weight Way



PLANK

Planking is a simple but effective bodyweight exercise.

Holding the body (light as a feather) stiff as a board develops strength primarily in the core—the muscles that connect the upper and lower body—as well as the shoulders, arms, and glutes.



This static exercise—meaning **the body stays in one position for the entirety of the move**—requires no equipment and can be performed just about anywhere.

Forearm Plank

Place the forearms on the ground with the elbows aligned below the shoulders, and **arms parallel to the body at about shoulder-width distance**.

To really get the core working the way it should in the plank position, keep your back flat enough so your abs feel engaged from top (right below the sternum) to bottom (directly below the belt). Just don't dip the tush too far toward the ground.

The most common mistake people make when it comes to the plank is looking forward or even up.

That strains your neck and eventually kills your entire form. Look at the floor in front of you. Imagine holding a tennis ball between your chin and neck. That will keep your spine neutral and help you avoid pain or injury.

When you're first starting out, it can be helpful to use a mirror to check your form.

What Are the Benefits?

There are many benefits of doing the plank.

The main benefits of planks are that it allows you to train your core as a whole.

This is important since your core muscles don't move independently.

It moves together to provide stability for your legs, arms to generate movements.

A strong core is important because it's what connects your upper and lower body together. Every motion either originate or move through the core.

A weak core will impair how well your arms and legs move. A strong core enhances balance, stability, and your body functions. And as a bonus, it also tones the abs.

Taking a 30-day plank challenge is a great way to commit to doing the plank and get your body used to it.

This challenge allows your body to get used to the plank.

It allows you to work within your own fitness level, get used to proper form and can offer a good starting point for those who want to progress.

Print out "**30 Day Plank Challenge For Beginners**" and get started.

You can use "**30 Day Plank Challenge For Beginners**" on your mobile device.

www.yanenglish.com

© **Healthy Weight Way**

Keep these things in mind as you progress through the challenge:

- Practice proper form above all else.
- Each week will get progressively harder.
- Schedule time on your calendar each day to get your workout in.
- Adjust the time you hold the plank and the rest intervals (either increase or decrease one or both) depending on your fitness level.
- All of these exercises can be done at home without any equipment.

Like any challenge in life, you need to put in the work, be patient, stay positive, and celebrate small improvements.

Don't Wait. The Time Will Never Be Just Right.

www.yanglish.com

© Healthy Weight Way