

# 35 Day Detox Yoga Plank Challenge

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Mth/Day							
	<b>Rest</b>	<b>Low Plank - Benchmark</b>	<b>Forearm side Plank</b>	<b>High Plank</b>	<b>Low Plank</b>	<b>Side Plank</b>	<b>High Plank with leg lift</b>
	Set-up your time and space now to be consistent!	Hold for as long as you have good form	2-3 sets for half yesterday's time each side	Hold for 2x Monday	Hold for as long as you have good form	2-3 sets for half yesterday's time each side	2-3 sets for half Thursday's time each leg
Enter your times here:							
	<b>Rest</b>	<b>Low Plank</b>	<b>Forearm side Plank</b>	<b>High Plank</b>	<b>Low Plank</b>	<b>Side Plank</b>	<b>Reverse Plank</b>
		Hold for last Monday's time plus 50%	2-3 sets for half yesterday's time each side	Hold for 2x this Monday	Hold for as long as you have good form	2-3 sets for half yesterday's time each side	2-3 sets for half Thursday's time
Enter your times here:							
	<b>Rest</b>	<b>Low Plank</b>	<b>Reverse Plank</b>	<b>High Plank</b>	<b>Low Plank</b>	<b>Side Plank</b>	<b>High Plank with leg lift</b>
		Hold for last Monday's time plus 50%	2-3 sets for half yesterday's time	Hold for 2x this Monday	Hold for as long as you have good form	2-3 sets for half yesterday's time each side	2-3 sets for half Thursday's time each leg
Enter your times here:							
	<b>Rest</b>	<b>Low Plank</b>	<b>Forearm side Plank</b>	<b>High Plank</b>	<b>Reverse Plank</b>	<b>Side Plank</b>	<b>Low Plank - Result!</b>
		Hold for last Monday's time plus 50%	2-3 sets for half yesterday's time each side	Hold for 2x this Monday	2-3 sets for half yesterday's time	2-3 sets for half Wednesday's time each side	Hold for as long as you have good form
Enter your times here:							

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### Notes:

1. There are plenty of options for the various positions. On toes, or drop to knees, or stand and place your hands on a bench (higher is easier).  
Choose which suits your level of fitness.
2. Shaking is OK, pain is not. Stop if it hurts. As we extend the time dropping to knees is a good practice.
3. Engage the core by pulling belly in towards the spine. Push heels back to engage legs. Push hands (or forearms) down to stabilise the shoulders.
4. Always place wrists or elbows directly under the shoulders for good alignment.
5. Do not arch or round the back (keep it flat).
6. For Reverse Plank - either have legs straight (rest on heels), or bent (feet flat on floor).
7. Breathing is the key to success. Make it slow and even (especially when the brain says enough).
8. Do some gentle movements before, and stretch shoulders and abdomen after.
9. For more information see the [35daydetox.com](http://35daydetox.com) website. Resources/Yoga/Plank Challenge
10. It is inevitable that you will miss a day or 2. Don't try and catch-up just start again with the current day.