

# THE 1:1 DIET

by Cambridge Weight Plan®

## 30 day Plank Challenge

### DAY 1

20 sec

### DAY 2

20 sec (2 reps,  
20 sec rest in  
between)

### DAY 3

20 sec (3 reps,  
20 sec rest in  
between)

### DAY 4

30 sec

### DAY 5

30 sec (2 reps,  
20 sec rest in  
between)

### DAY 6

30 sec (3 reps,  
20 sec rest in  
between)

### DAY 7

**REST**

### DAY 8

40 sec

### DAY 9

40 sec (2 reps,  
20 sec rest in  
between)

### DAY 10

40 sec (3 reps,  
20 sec rest in  
between)

### DAY 11

60 sec

### DAY 12

60 sec (2 reps,  
20 sec rest in  
between)

### DAY 13

60 sec – (3 reps,  
20 sec rest in  
between)

### DAY 14

**REST**

### DAY 15

90 sec

### DAY 16

90 sec (2 reps,  
30 sec rest in  
between)

### DAY 17

90 sec (3 reps,  
30 sec rest in  
between)

### DAY 18

120 sec

### DAY 19

120 sec (2 reps,  
30 sec rest in  
between)

### DAY 20

120 sec (3 reps,  
30 sec rest in  
between)

### DAY 21

**REST**

### DAY 22

150 sec

### DAY 23

150 sec (2 reps,  
30 sec rest in  
between)

### DAY 24

150 sec (3 reps,  
30 sec rest in  
between)

### DAY 25

180 sec

### DAY 26

180 sec (2 reps,  
40 sec rest in  
between)

### DAY 27

180 sec (3 reps,  
40 sec rest in  
between)

### DAY 28

**REST**

### DAY 29

Hold it as long  
as you can,  
don't forget to  
time it!

### DAY 30

3 reps of  
yesterday's  
personal best  
– go for it!

## Don't get bored!

You can change it up by doing different types of planks, e.g. side planks, Spiderman.