

Side Plank Challenge

Alright ladies! Beginning January 1st, we will begin a Side Plank Challenge at Empower Your Pelvis. As moms, and women in general, our side torsos do not get enough lovin’ in my opinion. Let’s start 2019 strong by working on our side planks daily. This will help tone our obliques, hips, glutes, shoulders and overall strength. You can join in for a week, two weeks or the whole month.

Hold each plank for as long as you can (in the suggested time frame) while maintaining good form. *This may mean you need to stop holding a plank sooner than the calendar suggests maintaining good quality of the exercise.* Our goal will be working towards a full 60 seconds and resting for 30 seconds in between each set.

Remember to **BREATHE** while holding the position, connect hip bone to hip bone in the front lower abdomen and squeeze your butt.

There are 3 different categories: Beginner, Intermediate and Expert.

With the **beginner** position, begin by laying on your side and propping up to your hips or by leaning against a couch, chair or counter top.

With **intermediate**, begin by laying on your side and propping up to your bent knees.

With **expert**, begin by laying on your side and propping up to your feet.

Check in each day on social media with #empoweryourpelvis and tag @empower.your.pelvis on Instagram and @empoweryourpelvis on Facebook. You will be entered into a GIVEAWAY each day you tag/ hashtag yourself on social media.

**January 2019 Plank Schedule**

Mark your calendar with our 31 day challenge! Hold each plank for as long as you can (in the suggested time frame) while maintaining good form. Our goal will be working towards a full 60 seconds. Rest for 30 seconds in between each set. Remember to **BREATHE** while holding the position and connect hip bone to hip bone.

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday  | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **WEEK 1** |  | 1.Side Plank1 to 2 repetitions per side (try to hold at least 10 seconds each) | 2.Side Plank1 to 2 repetitions per side (try to hold at least 10 seconds each) | 3.Side Plank1 to 2 repetitions per side (try to hold at least 12 seconds each) | 4.Side Plank1 to 2 repetitions per side (try to hold at least 12 seconds each) | 5.Side Plank2 to 3 repetitions per side (try to hold at least 15 seconds each) |
| 6. **WEEK 2****REST DAY!****Keep up the good work!!** | 7.Side Plank2 to 3 repetitions per side (try to hold at least 15 seconds each) | 8.Side Plank2 to 3 repetitions per side (try to hold at least 15 seconds each) | 9.Side Plank2 to 3 repetitions per side (try to hold at least 20 seconds each) | 10.Side Plank2 to 3 repetitions per side (try to hold at least 20 seconds each) | 11.Side Plank2 to 3 repetitions per side (try to hold at least 25 seconds each) | 12. **REST DAY!!****You are doing great!!** |
| 13. **WEEK 3**Side Plank3 repetitions per side (try to hold at least 25 seconds each) | 14.Side Plank3 repetitions per side (try to hold at least 25 seconds each) | 15.Side Plank3 repetitions per side (try to hold at least 25 seconds each) | 16.Side Plank3 repetitions per side (try to hold at least 25 seconds each) | 17.Side Plank3 repetitions per side (try to hold at least 30 seconds each) | 18.**REST DAY!!!****You are getting stronger every day!!** | 19.Side Plank3 repetitions per side (try to hold at least 30 seconds each) |
| 20.**WEEK 4**Side Plank3 repetitions per side (try to hold at least 35 seconds each) | 21.Side Plank3 repetitions per side (try to hold at least 35 seconds each) | 22.Side Plank3 repetitions per side (try to hold at least 35 seconds each) | 23.Side Plank3 repetitions per side (try to hold at least 40 seconds each) | 24.**REST DAY!!!!****Go for a walk today and take time for yourself!** | 25.Side Plank3 repetitions per side (try to hold at least 40 seconds each) | 26.Side Plank3 repetitions per side (try to hold at least 40 seconds each) |
| 27. **WEEK 5**Side Plank3 repetitions per side (try to hold at least 45 seconds each) | 28.**REST DAY!!!!!****Just breathe! You are doing great!** | 29.Side Plank3 repetitions per side (try to hold at least 50 seconds each) | 30.Side Plank3 repetitions per side (try to hold at least 55 seconds each) | 31.Side Plank3 repetitions per side (try to hold at least 60 seconds each) |  |  |

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