

- Day 1 Low Forearm Plank
- Day 2 Side Plank (do both sides)
- Day 3 Push Ups
- Day 4 Extended Arm Plank
- Day 5 Reverse Plank
- Day 6 Plank Up Downs
- Day 7 Tricep Dips
- Day 8 Plank Shoulder Taps
- Day 9 Low Forearm Plank with a Hip Dip Each Side
- Day 10 Tricep Push Ups
- Day 11 Spider Plank (plank with a knee to outer elbow each side)
- Day 12 Plank Jacks
- Day 13 Wide Push Ups
- Day 14 Side Plank with added leg lift (both sides)
- Day 15 Plank Hops
- Day 16 Power Push Ups
- Day 17 Extended Arm Plank Hold
- Day 18 Forearm Plank Hold
- Day 19 Push up and rotate to side plank (each side)
- Day 20 Reverse Plank
- Day 21 Plank Up Downs
- Day 22 Tricep Dips
- Day 23 Plank Reach (extend opposite arm and opposite leg)
- Day 24 Low Forearm Plank with a Hip Dip Each Side
- Day 25 1 Push Up 2 Plank Jacks (45 Seconds)
- Day 26 Spider Plank
- Day 27 Power Push Up (narrow and wide)
- Day 28 Plank Knee to Opposite Elbow
- Day 29 Forearm Plank Hold
- Day 30 Extended Arm Plank Hold (see how long you can hold it, time yourself)

For the first 10 days you will perform each exercise for 30 seconds. For the next 10 days 45 seconds and the final 10 days 1 minute. Depending on your fitness level you may want to increase or decrease your time. Be sure to challenge yourself. Remember CHALLENGE BECOMES CHANGE! Don't forget to check out my Facebook page for support and lot's of fun ideas. <https://www.facebook.com/4livingthewrightway>