



Handstanding Grandma

HandstandingGrandma.com



FIVE FOR FIVE

Hold a 5-Minute Plank in 5 Weeks

Day 1: 15 seconds on forearms	Day 2: 20 seconds on forearms	Day 3: 30 seconds on forearms	Day 4: 40 seconds on forearms	Day 5: 50 seconds on forearms
Day 6: 60 seconds on forearms	Day 7: REST	Day 8: 60 seconds on forearms/15 seconds on hands	Day 9: 60 seconds on forearms/20 seconds on hands	Day 10: 60 seconds on forearms/30 seconds on hands
Day 11: 60 seconds on forearms/40 seconds on hands	Day 12: 60 seconds on forearms/50 seconds on hands	Day 13: 60 seconds on forearms/60 seconds on hands	Day 14: REST	Day 15: 60 seconds on forearms/60 seconds on hands/ 15 second forearms
Day 16: 60 seconds on hands/60 seconds on forearms/20 second forearms	Day 17: 60 seconds on hands/60 seconds on forearms/30 second forearms	Day 18: 60 seconds on hands/60 seconds on forearms/40 second forearms	Day 19: 60 seconds on hands/60 seconds on forearms/50 second forearms	Day 20: 60 seconds on hands/60 seconds on forearms/60 second forearms
Day 21: REST	Day 22: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/15 seconds side plank	Day 23: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/20 seconds side plank	Day 24: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/30 seconds side plank	Day 25: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/40 seconds side plank (switch sides at 30)
Day 26: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/50 seconds side plank	Day 27: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/60 seconds side plank	Day 28: REST	Day 29: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/60 seconds side plank/15 seconds on hands	Day 30: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/60 seconds side plank/20 seconds on hands
Day 31: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/60 seconds side plank/30 seconds on hands	Day 32: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/60 seconds side plank/40 seconds on hands	Day 33: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/60 seconds side plank/50 seconds on hands	Day 34: 60 seconds on forearms/60 seconds on hands/60 seconds forearms/60 seconds side plank/60 seconds on hands	Day 35: CELEBRATE!!!