5 Tips for a Longer Plank

I was already doing a plank every day before I learned I could brag about my plank times all over the internet. I went from struggling to hold a one minute plank to holding over seven continuous minutes. I thought I would share my plank progression over the last few months to show you how your plank times can build slowly over time.



Top 5 tips for holding a longer plank:

- [ ] **Do a plank Every. Single. Day.**
- [ ] **Turn the stopwatch over so you can't see it.**Don't look at the timer until you physically are ready to drop. I know when I am ready to drop when my thighs start shaking.
- [ ] Find something to distract your brain. I sometimes browse Facebook on my Kindle Fire or**read a magazine article during the first part** of my plank. This really helps pass the first couple of minutes. By the end when it starts to get hard, I have to stop reading and focus because my whole body is shaking.
- [ ] Towards the end **countdown backwards in your head, really slow.** I start at 60 and count down slowly to one. This is another way to refocus your brain and it usually kills about two more minutes.
- [ ] **Do it until it hurts, then push yourself to hold for at least 15-30 more seconds**Sometimes I drop in a pool of my own sweat. It is a beautiful thing.

Make and Share Free Checklists
checkli.com