

30 DAY PLANK WORKOUT ROUTINE TO BUILD RIPPED ABS

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Check out [article](#) for more info

Day 1

- 10 Plank Jacks
- 15-sec Mountain Climbing
- 20 Side Plank Hip Dips (10/side)
- 20 Shoulder Taps (10/side)
- 1-min Forearm Front Plank
- Three rounds

Day 2

- 15-sec Crossbody Mountain Climbing
- 12 **Side Plank Knee to Elbow** (6 on each side)
- 45-sec Crouch Hover Plank
- 30-sec **Twisting Plank** (8-10 twists per side)
- 45-sec Dolphin Plank
- Three rounds

Day 3

- 10 Forearm to High Planks
- 20 **Reverse Plank Single Leg Raise** (10 reps on each side)

- 20 Shoulder Taps (10/side)
- 40-sec **Adductor Side Plank** (20-sec/side)
- 1-min Forearm Front Plank
- Three rounds

Day 4

- 20-sec **Rocking Plank**
- 20 **Side Plank Straight Leg Raises** (10 reps/side)
- 20 **Plank with Leg Lifts** (10 reps on each leg)
- 30-sec Decline Forearm Plank
- 20 Side Plank Front Kicks (10 reps on each side)
- Three rounds for time.

Day 5

- 30-sec **Circular Plank**
- 20 Side Plank Torso Twists (10 reps/side)
- 30-sec Spider Crawl Plank
- 12 **Plank to Kick Through** (6 per side)
- 1-min Forearm Front Plank
- Repeat two more times.

Day 6

- 30-sec **Plank Trench Crawl**
- 30-sec **Rolling Side Plank** (15-sec/side)
- 1-min **Extended Plank**
- 1-min **High Plank Side Walk**
- 20-sec Forearm Side Plank on each side
- Four rounds for time.

Day 7

- 1-min **Single-Leg Modified plank** (30-sec/leg)
- 20 **Side Plank Knee to Elbow** (10 reps/side)
- 15 **Push-ups to Plank**
- 20-sec Decline Side Plank on each side
- 1-min Decline Front Plank
- Four rounds for time.

Day 8

- **Bird Dog Plank** (five reps on each side with 10 seconds of hold per rep)
- 20 Plank Drags (10 per side)
- 30-sec **Salsa Plank**
- 1-min Forearm Front Plank
- 1-min **Copenhagen Plank** (30 seconds on each side)
- Four rounds for time.

Day 9

- 1-min **Single Arm Modified Plank** (30-sec per side)
- 1-min Swiss Ball/Elevated Forearm Plank
- 1-min **Adductor Plank Knee to Elbow** (10 to 15 tucks per side)
- 20 Bodyweight Renegade Rows (10 reps on each side)
- 20 **Side Plank Toe Tap** (10 reps/side)
- Four rounds for time.

Day 10

- 1-min **Moving Plank**
- Bird Dog Plank (five reps on each side with 10 seconds of hold per rep)

- 20-sec **Starfish Side Plank** on each side
- 20 Extended Plank Shoulder Taps
- 16 **Side Plank Reach Through** (8 reps/side)

Day 11

- 10 Plank Jacks
- 15-sec Mountain Climbing
- 20 Side Plank Hip Dips (10/side)
- 20 Shoulder Taps (10/side)
- 1-min Forearm Front Plank
- Three rounds

Day 12

- 15-sec Crossbody Mountain Climbing
- 12 Side Plank Knee to Elbow (6 on each side)
- 45-sec Crouch Hover Plank
- 30-sec Twisting Plank (8-10 twists per side)
- 45-sec Dolphin Plank
- Three rounds

Day 13

- 10 Forearm to High Planks
- 20 Reverse Plank Single Leg Raise (10 reps on each side)
- 20 Shoulder Taps (10/side)
- 40-sec Adductor Side Plank (20-sec/side)
- 1-min Forearm Front Plank
- Three rounds

Day 14

- 20-sec Rocking Plank
- 20 Side Plank Straight Leg Raises (10 reps/side)
- 20 Plank with Leg Lifts (10 reps on each leg)
- 30-sec Decline Forearm Plank
- 20 Side Plank Front Kicks (10 reps on each side)
- Three rounds for time.

Day 15

- 30-sec Circular Plank
- 20 Side Plank Torso Twists (10 reps/side)
- 30-sec Spider Crawl Plank
- 12 Plank to Kick Through (6 per side)
- 1-min Forearm Front Plank
- Repeat two more times.

Day 16

- 30-sec Plank Trench Crawl
- 30-sec Rolling Side Plank (15-sec/side)
- 1-min Extended Plank
- 1-min High Plank Side Walk
- 20-sec Forearm Side Plank on each side
- Four rounds for time.

Day 17

- 1-min Single-Leg Modified plank (30-sec/leg)
- 20 Side Plank Knee to Elbow (10 reps/side)
- 15 Push-ups to Plank
- 20-sec Decline Side Plank on each side
- 1-min Decline Front Plank
- Four rounds for time.

Day 18

- Bird Dog Plank (five reps on each side with 10 seconds of hold per rep)
- 20 Plank Drags (10 per side)
- 30-sec Salsa Plank
- 1-min Forearm Front Plank
- 1-min Copenhagen Plank (30 seconds on each side)
- Four rounds for time.

Day 19

- 1-min Single Arm Modified Plank (30-sec per side)
- 1-min Swiss Ball/Elevated Forearm Plank
- 1-min Adductor Plank Knee to Elbow (10 to 15 tucks per side)
- 20 Bodyweight Renegade Rows (10 reps on each side)
- 20 Side Plank Toe Tap (10 reps/side)
- Four rounds for time.

Day 20

- 1-min Moving Plank
- Bird Dog Plank (five reps on each side with 10 seconds of hold per rep)
- 20-sec Starfish Side Plank on each side
- 20 Extended Plank Shoulder Taps
- 16 Side Plank Reach Through (8 reps/side)
- Four rounds for time.

Day 21

- 10 Plank Jacks
- 15-sec Mountain Climbing
- 20 Side Plank Hip Dips (10/side)
- 20 Shoulder Taps (10/side)
- 1-min Forearm Front Plank
- Five rounds for time.

Day 22

- 15-sec Crossbody Mountain Climbing
- 12 Side Plank Knee to Elbow (6 on each side)
- 45-sec Crouch Hover Plank
- 30-sec Twisting Plank (8-10 twists per side)
- 45-sec Dolphin Plank
- Five rounds for time.

Day 23

- 10 Forearm to High Planks
- 20 Reverse Plank Single Leg Raise (10 reps on each side)
- 20 Shoulder Taps (10/side)
- 40-sec Adductor Side Plank (20-sec/side)
- 1-min Forearm Front Plank
- Five rounds for time.

Day 24

- 20-sec Rocking Plank
- 20 Side Plank Straight Leg Raises (10 reps/side)
- 20 Plank with Leg Lifts (10 reps on each leg)
- 30-sec Decline Forearm Plank
- 20 Side Plank Front Kicks (10 reps on each side)
- Five rounds for time.

Day 25

- 30-sec Circular Plank
- 20 Side Plank Torso Twists (10 reps/side)
- 30-sec Spider Crawl Plank
- 12 Plank to Kick Through (6 per side)
- 1-min Forearm Front Plank
- Five rounds for time.

Day 26

- 30-sec Plank Trench Crawl
- 30-sec Rolling Side Plank (15-sec/side)

- 1-min Extended Plank
- 1-min High Plank Sidewalk
- 20-sec Forearm Side Plank on each side
- Six rounds for time.

Day 27

- 1-min Single-Leg Modified plank (30-sec/leg)
- 20 Side Plank Knee to Elbow (10 reps/side)
- 15 Push-ups to Plank
- 20-sec Decline Side Plank on each side
- 1-min Decline Front Plank
- Six rounds for time.

Day 28

- Bird Dog Plank (five reps on each side with 10 seconds of hold per rep)
- 20 Plank Drags (10 per side)
- 30-sec Salsa Plank
- 1-min Forearm Front Plank
- 1-min Copenhagen Plank (30 seconds on each side)
- Six rounds for time.

Day 29

- 1-min Single Arm Modified Plank (30-sec per side)
- 1-min Swiss Ball/Elevated Forearm Plank
- 1-min Adductor Plank Knee to Elbow (10 to 15 tucks per side)
- 20 Bodyweight Renegade Rows (10 reps on each side)
- 20 Side Plank Toe Tap (10 reps/side)
- Six rounds for time.

Day 30

- 1-min Moving Plank
- Bird Dog Plank (five reps on each side with 10 seconds of hold per rep)
- 20-sec Starfish Side Plank on each side
- 20 Extended Plank Shoulder Taps
- 16 Side Plank Reach Through (8 reps/side)
- Six rounds for time.

Note: You can also make as many changes to this routine as you want. For example, you can increase or decrease the number of exercises, rounds, and rest time between them.

Related Workout Programs

1. [30-Day Ab and Squat Challenge to Tone Your Body](#)
2. [Free 30-Day Cardio Workout Plan at Home \(No Equipment\)](#)
3. [30-Day Tabata Challenge to Level Up Your Fitness](#)
4. [30-Day Squats and Lunges Workout Plan with PDF](#)
5. [30-Minute Dumbbell Workout Plan to Shape Your Body](#)
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