

Download 14 Day Workout Challenge Guide

21-Day Summer Shape-Up Challenge. The excuses are over! You can do all the videos in this three-week fitness challenge at home. You already know the plank is a great core exercise. So we're adding variations to amp up your training, target your midsection from different angles to test your muscles (and your mind).

Welcome to the 14-Day Plank Plan that will help you get a super strong core using the ultimate ab exercise.*The free book and free month of the app offer is no longer available with the purchase of the 14-Day Challenge. The Bright Line Eating book launch hoopla has officially begun, and with that comes a bunch of exciting news! 30 Day Plank Challenge – Best Core Workout for Women – Sculpted Six-Pack