

30 DAY PLANK challenge

EatMoveDreamRepeat.Com

20 sec 1	20 sec 2	30 sec 3	40 sec 4	40 sec 5
rest 6	45 sec 7	45 sec 8	60 sec 9	60 sec 10
60 sec 11	90 sec 12	rest 13	90 sec 14	90 sec 15
120 sec 16	120 sec 17	150 sec 18	rest 19	150 sec 20
150 sec 21	180 sec 22	180 sec 23	210 sec 24	210 sec 25
rest 26	240 sec 27	240 sec 28	270 sec 29	300 sec 30