

5 Minute Plank

30-Day Challenge

JILLIAN
MICHAELS



Day 1	10 seconds	Day 16	160 seconds
Day 2	20 seconds	Day 17	170 seconds
Day 3	30 seconds	Day 18	3 minutes
Day 4	40 seconds	Day 19	190 seconds
Day 5	50 seconds	Day 20	200 seconds
Day 6	1 minute	Day 21	210 seconds
Day 7	70 seconds	Day 22	220 seconds
Day 8	80 seconds	Day 23	230 seconds
Day 9	90 seconds	Day 24	4 minutes
Day 10	100 seconds	Day 25	250 seconds
Day 11	110 seconds	Day 26	260 seconds
Day 12	2 minutes	Day 27	270 seconds
Day 13	130 seconds	Day 28	280 seconds
Day 14	140 seconds	Day 29	290 seconds
Day 15	150 seconds	Day 30	5 minutes

#JMplankchallenge