

PLANK CHALLENGE

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

