

30 DAY *Plank* CHALLENGE

DAY 1	10 SECONDS
DAY 2	15 SECONDS
DAY 3	20 SECONDS
DAY 4	25 SECONDS
DAY 5	REST
DAY 6	30 SECONDS
DAY 7	35 SECONDS
DAY 8	40 SECONDS
DAY 9	45 SECONDS
DAY 10	REST
DAY 11	50 SECONDS
DAY 12	55 SECONDS
DAY 13	60 SECONDS
DAY 14	65 SECONDS
DAY 15	REST

DAY 16	70 SECONDS
DAY 17	75 SECONDS
DAY 18	80 SECONDS
DAY 19	85 SECONDS
DAY 20	REST
DAY 21	90 SECONDS
DAY 22	95 SECONDS
DAY 23	100 SECONDS
DAY 24	105 SECONDS
DAY 25	REST
DAY 26	110 SECONDS
DAY 27	115 SECONDS
DAY 28	120 SECONDS
DAY 29	120 SECONDS
DAY 30	120 SECONDS