

31-DAY **PLANK CHALLENGE** #shrinkingleans

DAY 1: 20s	DAY 12: rest	DAY 22: 90s
DAY 2: 25s	DAY 13: 50s	DAY 23: 90s
DAY 3: 30s	DAY 14: 55s	DAY 24: rest
DAY 4: 30s	DAY 15: 1min	DAY 25: 1m45s
DAY 5: 35s	DAY 16: 1min	DAY 26: 1m45s
DAY 6: rest	DAY 17: 65s	DAY 27: 2m
DAY 7: 35s	DAY 18: rest	DAY 28: 2m
DAY 8: 40s	DAY 19: 65s	DAY 29: 2m30s
DAY 9: 45s	DAY 20: 75s	DAY 30: rest
DAY 10: 45s	DAY 21: 75s	DAY 31: 3m
DAY 11: 50s		

for full info, see:
[shrinkingleans.net/
workout-calendar](http://shrinkingleans.net/workout-calendar)



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