

30 DAY PLANK CHALLENGE

Day 1: 15 seconds

Day 2: 15 seconds

Day 3: 15 seconds

Day 4: 20 seconds

Day 4: 20 seconds

Day 5: 25 seconds

Day 6: 25 seconds

Day 7: 25 seconds

Day 8: 30 seconds

Day 9: 30 seconds

Day 10: 30 seconds

Day 11: 30 seconds

Day 12: 35 seconds

Day 13: 35 seconds

Day 14: 35 seconds

Day 15: 40 seconds

Day 16: 40 seconds

Day 17: 45 seconds

Day 18: 45 seconds

Day 19: 50 seconds

Day 20: 50 seconds

Day 21: 55 seconds

Day 22: 55 seconds

Day 23: 55 seconds

Day 24: 60 seconds

Day 25: 60 seconds

Day 26: 60 seconds

Day 27: 65 seconds

Day 28: 65 seconds

Day 29: 70 seconds

**Day 30: As long as
you can!**

