## DAV OODE DIAMU OHAH

<b>Z</b> 0-	UAI	CUKL	PLAI	IN GI	IALLL	.nuL
	FOR RECI	PES + WORKO	UTS VISIT HE	ANDSHEEAT	TCLEAN.COM	1
		Harrison Company				

DAY 4

3 - 30 SECOND

PLANKS

DAY 11

4 - 30 SECOND

PLANKS

3 - 30 SECONDS

MTN CLIMBERS

DAY 18

4 - 30 SECOND

PLANKS

3 - 30 SECOND

SIDE PLANKS

(EACH SIDE)

DAY 25

**50 SECOND** 

PLANK

DAY 5

4 - 30 SECOND

PLANKS

DAY 12

5 - 30 SECOND

PLANKS

4 – 30 SECONDS

MTN CLIMBERS

DAY 19

5 - 30 SECOND

PLANKS

4 - 30 SECOND

SIDE PLANKS

(EACH SIDE)

DAY 26

2 - 50 SECOND

PLANKS

DAY 6

5-30 SECOND

PLANKS

DAY 13

6 - 30 SECOND

PLANKS

5 – 30 SECONDS

MTN CLIMBERS

DAY 20

6 - 30 SECOND

PLANKS

5 - 30 SECOND

SIDE PLANKS

(EACH SIDE)

DAY 27

HOLD A REGULAR

PLANK AS LONG

AS POSSIBLE.

RECORD YOUR

TIME.

DAY 7

OFF

DAY 14

OFF

DAY 21

OFF

DAY 28

1 MINUTE PLANK

1 MINUTE SIDE

PLANK

(EACH SIDE)

1 MINUTE MTN

CLIMBERS

DAY1

HOLD A REGULAR PLANK AS LONG AS

POSSIBLE.RECORD

YOUR TIME.

DAY 8

HOLD A REGULAR

PLANK AS LONG AS

POSSIBLE, RECORD

YOUR TIME.

DAY 15

HOLD A REGULAR

PLANK AS LONG AS

POSSIBLE, RECORD

YOUR TIME.

DAY 22

HOLD A REGULAR

PLANK AS LONG AS

POSSIBLE, RECORD

YOUR TIME.

DAY 2

30 SECOND

PLANK

DAY 9

2 - 30 SECOND

PLANKS

30 SECONDS

MTN CLIMBERS

DAY 16

2 - 30 SECOND

PLANKS

30 SECOND SIDE

PLANK

(EACH SIDE)

DAY 23

45 SECOND

PLANK

DAY 3

2 - 30 SECOND

PLANKS

DAY 10

3 - 30 SECOND

PLANKS

2 - 30 SECONDS

MTN CLIMBERS

DAY 17

3 - 30 SECOND

PLANKS

2 - 30 SECOND

SIDE PLANKS

(EACH SIDE)

DAY 24

2 - 45 SECOND

PLANKS

Z8-	<b>'UAY</b>	LUI	(t i	<b>PLA</b>	NK	ГH	ALL	.EN	u	t
	FOR RECIP	PES + WO	RKOUTS	TIRIV 8	HEANDSH	IFFΔT(	CLEAN.C	NM		