

30-DAY PLANK CHALLENGE

Day 1: 20 sec

Day 2: 20 sec

Day 3: 30 sec

Day 4: 30 sec

Day 5: 40 sec

Day 6: Rest

Day 7: 45 sec

Day 8: 45 sec

Day 9: 1 min

Day 10: 1 min

Day 11: 1 min

Day 12: 1.5 min

Day 13: Rest

Day 14: 1.5 min

Day 15: 1.5 min

Day 16: 2 min

Day 17: 2 min

Day 18: 2.5 min

Day 19: Rest

Day 20: 2.5 min

Day 21: 2.5 min

Day 22: 3 min

Day 23: 3 min

Day 24: 3.5 min

Day 25: 3.5 min

Day 26: Rest

Day 27: 4 min

Day 28: 4 min

Day 29: 4.5 min

Day 30: 5 min

