

# **FOR** **30 Day Plank** **BEGINNERS** **CHALLENGE**

**Day 1: 20 sec**

**Day 2: 20 sec**

**Day 3: 30 sec**

**Day 4: 40 sec**

**Day 5: 40 sec**

**Day 6: 45 sec**

**Day 7: 45 sec**

**Day 8: 50 sec**

**Day 9: 50 sec**

**Day 10: 60 sec**

**Day 11: 60 sec**

**Day 12: 60 sec**

**Day 13: 65 sec**

**Day 14: 65 sec**

**Day 15: 70 sec**

**Day 16: 75 sec**

**Day 17: 75 sec**

**Day 18: 75 sec**

**Day 19: 80 sec**

**Day 20: 85 sec**

**Day 21: 85 sec**

**Day 22: 90 sec**

**Day 23: 95 sec**

**Day 24: 95 sec**

**Day 25: 100 sec**

**Day 26: 105 sec**

**Day 27: 105 sec**

**Day 28: 110 sec**

**Day 29: 115 sec**

**Day 30: 120 sec**

**Day 31: 120 sec**

Challenge from [iSaveA2Z.com](http://iSaveA2Z.com)

