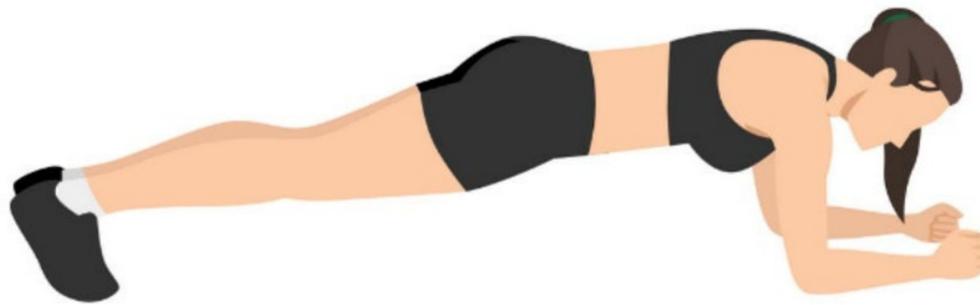


30 DAY CHALLENGE **PLANK**

30
DAY



DAY 1 20 SECONDS	DAY 2 20 SECONDS	DAY 3 30 SECONDS	DAY 4 30 SECONDS	DAY 5 40 SECONDS
DAY 6 REST DAY	DAY 7 45 SECONDS	DAY 8 45 SECONDS	DAY 9 45 SECONDS	DAY 10 50 SECONDS
DAY 11 50 SECONDS	DAY 12 50 SECONDS	DAY 13 REST DAY	DAY 14 60 SECONDS	DAY 15 60 SECONDS
DAY 16 60 SECONDS	DAY 17 70 SECONDS	DAY 18 70 SECONDS	DAY 19 REST DAY	DAY 20 80 SECONDS
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25

