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30 DAY PLANK CHALLENGE

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DAY 1 <ul style="list-style-type: none">✓ 20 sec Knee Plank✓ 20 sec Side Plank (R)✓ 20 sec Side Plank (L)	DAY 2 <ul style="list-style-type: none">✓ 20 sec Knee Plank✓ 20 sec Side Plank (R)✓ 20 sec Side Plank (L)	DAY 3 <p><i>Rest Day</i></p>	DAY 4 <ul style="list-style-type: none">✓ 20 sec Forearm Plank✓ 20 sec Side Plank (R)✓ 20 sec Side Plank (L)✓ 20 sec High plank	DAY 5 <ul style="list-style-type: none">✓ 20 sec Forearm Plank✓ 20 sec Side Plank (R)✓ 20 sec Side Plank (L)✓ 20 sec High plank
DAY 6 <ul style="list-style-type: none">✓ 30 sec Forearm Plank✓ 30 sec Side Plank (R)✓ 30 sec Side Plank (L)✓ 20 sec High Plank	DAY 7 <ul style="list-style-type: none">✓ 30 sec Forearm Plank✓ 30 sec Side Plank (R)✓ 30 sec Side Plank (L)✓ 20 sec High Plank	DAY 8 <p><i>Rest Day</i></p>	DAY 9 <ul style="list-style-type: none">✓ 30 sec Forearm Plank✓ 30 sec Side Plank (R)✓ 30 sec Side Plank (L)✓ 30 sec High Plank	DAY 10 <ul style="list-style-type: none">✓ 30 sec Forearm Plank✓ 30 sec Side Plank (R)✓ 30 sec Side Plank (L)✓ 30 sec High Plank
DAY 11 <ul style="list-style-type: none">✓ 45 sec Forearm Plank✓ 45 sec Side Plank (R)✓ 45 sec Side Plank (L)✓ 30 sec High Plank✓ 20 sec Plank Jacks	DAY 12 <ul style="list-style-type: none">✓ 45 sec Forearm Plank✓ 45 sec Side Plank (R)✓ 45 sec Side Plank (L)✓ 30 sec High Plank✓ 20 sec Plank Jacks	DAY 13 <p><i>Rest Day</i></p>	DAY 14 <ul style="list-style-type: none">✓ 45 sec Forearm Plank✓ 45 sec Side Plank (R)✓ 45 sec Side Plank (L)✓ 30 sec High Plank✓ 30 sec Plank Jacks	DAY 15 <ul style="list-style-type: none">✓ 45 sec Forearm Plank✓ 45 sec Side Plank (R)✓ 45 sec Side Plank (L)✓ 30 sec High Plank✓ 30 sec Plank Jacks