

5 MINUTE PLANK

30 DAY CHALLENGE

**+10 SECONDS A DAY
TO A 5 MINUTE PLANK**



Day 1 10 seconds	Day 2 20 seconds	Day 3 30 seconds	Day 4 40 seconds	Day 5 50 seconds
Day 6 1 minute	Day 7 1 minute 10 seconds	Day 8 1 minute 20 seconds	Day 9 1 minute 30 seconds	Day 10 1 minute 40 seconds
Day 11 1 minute 50 seconds	Day 12 2 minutes	Day 13 2 minutes 10 seconds	Day 14 2 minutes 20 seconds	Day 15 2 minutes 30 seconds
Day 16 2 minutes 40 seconds	Day 17 2 minutes 50 seconds	Day 18 1 minute	Day 19 3 minutes 10 seconds	Day 20 3 minutes 20 seconds
Day 21 3 minutes 30 seconds	Day 22 3 minutes 40 seconds	Day 23 3 minutes 50 seconds	Day 24 4 minutes	Day 25 4 minutes 10 seconds
Day 26 4 minutes 20 seconds	Day 27 4 minutes 30 seconds	Day 28 4 minutes 40 seconds	Day 29 4 minutes 50 seconds	Day 30 5 minutes