

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

