30 day plank challenge

Day 1 20 seconds	Day 2 20 seconds	Day 3 30 seconds	Day 4 30 seconds	Day 5 40 seconds	Day 6 Rest	Day 7 45 seconds
Day 8 45 seconds	Day 9 60 seconds	Day 10 60 seconds	Day 11 60 seconds	Day 12 90 seconds	Day 13 Rest	Day 14 90 seconds
Day 15 90 seconds	Day 16 120 seconds	Day 17 120 seconds	Day 18 150 seconds	Day 19 Rest	Day 20 150 seconds	Day 21 150 seconds
Day 22 180 seconds	Day 23 180 seconds	Day 24 210 seconds	Day 25 210 seconds	Day 26 Rest	Day 27 240 seconds	Day 28 240 seconds
Day 29 270 seconds	Day 30 Plank as long as you can!					