

30 DAY PLANK CHALLENGE

DAY 1	20 SEC.	DAY 11	60 SEC.	DAY 21	150 SEC.
DAY 2	20 SEC.	DAY 12	90 SEC.	DAY 22	180 SEC.
DAY 3	30 SEC.	DAY 13	REST	DAY 23	180 SEC.
DAY 4	30 SEC.	DAY 14	90 SEC.	DAY 24	210 SEC.
DAY 5	40 SEC.	DAY 15	90 SEC.	DAY 25	210 SEC.
DAY 6	REST	DAY 16	120 SEC.	DAY 26	REST
DAY 7	45 SEC.	DAY 17	120 SEC.	DAY 27	240 SEC.
DAY 8	45 SEC.	DAY 18	150 SEC.	DAY 28	240 SEC.
DAY 9	60 SEC.	DAY 19	REST	DAY 29	270 SEC.
DAY 10	60 SEC.	DAY 20	150 SEC.	DAY 30	300 SEC.

