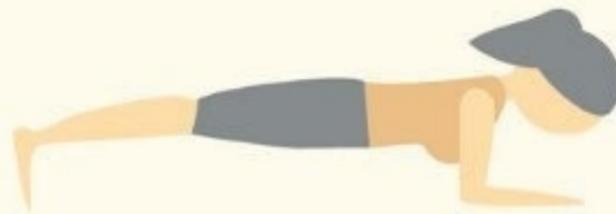


30 Day

PLANK Challenge



<u>DAY 1</u> <input type="checkbox"/> 20 seconds	<u>DAY 2</u> <input type="checkbox"/> 20 seconds	<u>DAY 3</u> <input type="checkbox"/> 30 seconds	<u>DAY 4</u> <input type="checkbox"/> 35 seconds	<u>DAY 5</u> <input type="checkbox"/> 40 seconds
<u>DAY 6</u> <input type="checkbox"/> 45 seconds	<u>DAY 7</u> <input type="checkbox"/> REST	<u>DAY 8</u> <input type="checkbox"/> 40 seconds	<u>DAY 9</u> <input type="checkbox"/> 50 seconds	<u>DAY 10</u> <input type="checkbox"/> 50 seconds
<u>DAY 11</u> <input type="checkbox"/> 55 seconds	<u>DAY 12</u> <input type="checkbox"/> 1 min (60 secs)	<u>DAY 13</u> <input type="checkbox"/> 1 min (60 secs)	<u>DAY 14</u> <input type="checkbox"/> REST	<u>DAY 15</u> <input type="checkbox"/> 1 min (60 secs)
<u>DAY 16</u> <input type="checkbox"/> 70 seconds	<u>DAY 17</u> <input type="checkbox"/> 80 seconds	<u>DAY 18</u> <input type="checkbox"/> 80 seconds	<u>DAY 19</u> <input type="checkbox"/> 90 seconds	<u>DAY 20</u> <input type="checkbox"/> 100 seconds
<u>DAY 21</u> <input type="checkbox"/> REST	<u>DAY 22</u> <input type="checkbox"/> 100 seconds	<u>DAY 23</u> <input type="checkbox"/> 110 seconds	<u>DAY 24</u> <input type="checkbox"/> 110 seconds	<u>DAY 25</u> <input type="checkbox"/> 2 mins (120 secs)
<u>DAY 26</u>	<u>DAY 27</u>	<u>DAY 28</u>	<u>DAY 29</u>	<u>DAY 30</u>