

30 DAY PLANK CHALLENGE



DAY 1

15 SECONDS

DAY 2

20 SECONDS

DAY 3

20 SECONDS

DAY 4

30 SECONDS

DAY 5

— REST —

DAY 6

35 SECONDS

DAY 7

40 SECONDS

DAY 8

40 SECONDS

DAY 9

50 SECONDS

DAY 10

— REST —

DAY 11

55 SECONDS

DAY 12

60 SECONDS

DAY 13

60 SECONDS

DAY 14

70 SECONDS

DAY 15

— REST —

DAY 16

75 SECONDS

DAY 17

80 SECONDS

DAY 18

80 SECONDS

DAY 19

90 SECONDS

DAY 20

— REST —

DAY 21

95 SECONDS

DAY 22

100 SECONDS

DAY 23

100 SECONDS

DAY 24

110 SECONDS

DAY 25

— REST —

DAY 26

100 SECONDS

DAY 27

30 SECONDS

DAY 28

110 SECONDS

DAY 29

30 SECONDS

DAY 30

2 MINUTES