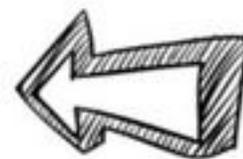


30 DAY PLANK CHALLENGE



DAY 1	20 sec	<input type="checkbox"/>	DAY 16	2 min	<input type="checkbox"/>
DAY 2	20 sec	<input type="checkbox"/>	DAY 17	2 min	<input type="checkbox"/>
DAY 3	30 sec	<input type="checkbox"/>	DAY 18	2 min 30 sec	<input type="checkbox"/>
DAY 4	30 sec	<input type="checkbox"/>	DAY 19	REST	<input type="checkbox"/>
DAY 5	40 sec	<input type="checkbox"/>	DAY 20	2 min 30 sec	<input type="checkbox"/>
DAY 6	REST	<input type="checkbox"/>	DAY 21	2 min 30 sec	<input type="checkbox"/>
DAY 7	45 sec	<input type="checkbox"/>	DAY 22	3 min	<input type="checkbox"/>
DAY 8	45 sec	<input type="checkbox"/>	DAY 23	3 min	<input type="checkbox"/>
DAY 9	1 min	<input type="checkbox"/>	DAY 24	3 min 30 sec	<input type="checkbox"/>
DAY 10	1 min	<input type="checkbox"/>	DAY 25	3 min 30 sec	<input type="checkbox"/>
DAY 11	1 min	<input type="checkbox"/>	DAY 26	REST	<input type="checkbox"/>
DAY 12	1 min 30 sec	<input type="checkbox"/>	DAY 27	4 min	<input type="checkbox"/>
DAY 13	REST	<input type="checkbox"/>	DAY 28	4 min	<input type="checkbox"/>
DAY 14	1 min 40 sec	<input type="checkbox"/>	DAY 29	4 min 30 sec	<input type="checkbox"/>
DAY 15	1 min 50 sec	<input type="checkbox"/>	DAY 30	5 min	<input type="checkbox"/>

You won't always love the workout, but you will always love the result.

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30 Day Plank Challenge!