

Hungry Healthy Happy

September 2014 Plank Challenge

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Hold a plank for the time in each box everyday

1 1 min	2 1 min	3 1 min	4 1 min	5 1 min	6 1 min	7 1 min 10 s
8 1 min 10 s	9 1 min 10 s	10 1 min 10 s	11 1m 20s	12 1m 30s	13 1m 40s	14 1m 50s
15 2 min	16 2 min	17 Rest	18 2m 30s	19 2m 30s	20 3 min	21 3 min
22 3 min	23 3m 30s	24 Rest	25 4 min	26 4 min	27 4m 30s	28 4m 30s
29 5 min	30 5 min	Share if you are taking part.				

#1PercentMore

@HHH_Dannii @spogo