

PLANK



30-DAY CHALLENGE

split total reps
into manageable sets

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1	10sec plank 20sec elbow plank	2	20sec plank 20sec elbow plank	3	25sec plank 20sec elbow plank	4	5 up and down planks	5	30sec plank 20sec elbow plank
6	30sec plank 30sec elbow plank	7	40sec plank 30sec elbow plank	8	10 up and down planks	9	50sec plank 30sec elbow plank	10	1min plank 30sec elbow plank
11	1min10sec plank 40sec elbow plank	12	20 up and down planks	13	1min20sec plank 40sec elbow plank	14	1min30sec plank 40sec elbow plank	15	1min40sec plank 40sec elbow plank
16	25 up and down planks	17	1min50sec plank 45sec elbow plank	18	2min plank 45sec elbow plank	19	2min10sec plank 45sec elbow plank	20	30 up and down planks
21	2min30sec plank 50sec elbow plank	22	2min40sec plank 50sec elbow plank	23	2min50sec plank 50sec elbow plank	24	35 up and down planks	25	3min plank 50sec elbow plank
26	3min10sec plank 1min elbow plank	27	3min20sec plank 1min elbow plank	28	40 up and down planks	29	3min30sec plank 1min elbow plank	30	4min plank 1min elbow plank