

1

30-DAY BEGINNER

Plank

GOAL: 1 MINUTE 30 SECOND HOLD

Challenge

DAY	TOTAL	BEGINNER
Day 1	15 seconds	10s + 5s
Day 2	15 seconds	10s + 5s
Day 3	20 seconds	2 x 10s
Day 4	20 seconds	2 x 10s
Day 5	25 seconds	15s + 10s
Day 6	25 seconds	15s + 10s
Day 7	30 seconds	2 x 15s
Day 8	30 seconds	2 x 15s
Day 9	35 seconds	20s + 15s
Day 10	35 seconds	20s + 15s
Day 11	40 seconds	2 x 20s
Day 12	40 seconds	2 x 20s
Day 13	45 seconds	25s + 20s
Day 14	45 seconds	25s + 20s
Day 15	50 seconds	2 x 25s

@curvyrunnergirl

DAY	TOTAL	BEGINNER
Day 16	50 seconds	2 x 25s
Day 17	60 seconds	2 x 30s
Day 18	60 seconds	2 x 30s
Day 19	65 seconds	35s + 30s
Day 20	65 seconds	35s + 30s
Day 21	70 seconds	2 x 35s
Day 22	70 seconds	2 x 35s
Day 23	75 seconds	40s + 35s
Day 24	75 seconds	40s + 35s
Day 25	80 seconds	2 x 40
Day 26	80 seconds	2 x 40
Day 27	85 seconds	45s + 40s
Day 28	85 seconds	45s + 40s
Day 29	90 seconds	2 x 45s
Day 30	90 seconds	2 x 45s

#beginnerplankchallenge

 Curvy Runner Girl
 Live. Run. Inspire