

30 DAY PLANK CHALLENGE

www.30dayfitnesschallenges.com

DAY 1 20 SECONDS

DAY 2 20 SECONDS

DAY 3 30 SECONDS

DAY 4 30 SECONDS

DAY 5 40 SECONDS

DAY 6 REST DAY

DAY 7 45 SECONDS

DAY 8 45 SECONDS

DAY 9 60 SECONDS

DAY 10 60 SECONDS

DAY 11 60 SECONDS

DAY 12 90 SECONDS

DAY 13 REST DAY

DAY 14 90 SECONDS

DAY 15 90 SECONDS

DAY 16 120 SECONDS

DAY 17 120 SECONDS

DAY 18 150 SECONDS

DAY 19 REST DAY

DAY 20 150 SECONDS

DAY 21 150 SECONDS

DAY 22 180 SECONDS

DAY 23 180 SECONDS

DAY 24 210 SECONDS

DAY 25 210 SECONDS

DAY 26 REST DAY

DAY 27 240 SECONDS

DAY 28 240 SECONDS

DAY 29 270 SECONDS

DAY 30 300 SECONDS

