

30 DAY PLANK CHALLENGE

DAY & PLANK	✓	DAY & PLANK	✓
Day 1: 45 seconds		Day 16: 1 minute, 15 seconds	
Day 2: 45 seconds		Day 17: 1 minute, 20 seconds	
Day 3: 50 seconds		Day 18: 1 minute, 20 seconds	
Day 4: 50 seconds		Day 19: 1 minute, 25 seconds	
Day 5: 55 seconds		Day 20: 1 minute, 30 seconds	
Day 6: 60 seconds		Day 21: REST	
Day 7: REST		Day 22: 1 minute, 35 seconds	
Day 8: 55 seconds		Day 23: 1 minute, 35 seconds	
Day 9: 1 minute		Day 24: 1 minute, 40 seconds	
Day 10: 1 minutes, 5 seconds		Day 25: 1 minute, 40 seconds	
Day 11: 1 minutes, 5 seconds		Day 26: 1 minute, 45 seconds	
Day 12: 1 minutes, 10 seconds		Day 27: 1 minute, 50 seconds	
Day 13: 1 minutes, 15 seconds		Day 28: REST	
Day 14: REST		Day 29: 1 minute, 55 seconds	
Day 15: 1 minutes, 10 seconds		Day 30: 2 minutes	