

The 30 Day Plank Challenge will send your core strength through the roof!

	Day 1	20 seconds
	Day 2	20 seconds
	Day 3	30 seconds
	Day 4	30 seconds
	Day 5	40 seconds
	Day 6	REST
	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 14	90 seconds (1:30)
	Day 15	90 seconds (1:30)
	Day 16	120 seconds (2:00)
	Day 17	120 seconds (2:00)
	Day 18	150 seconds (2:30)
	Day 19	REST
	Day 20	150 seconds (2:30)
	Day 21	150 seconds (2:30)
	Day 22	180 seconds (3:00)
	Day 23	180 seconds (3:00)
	Day 24	210 seconds (3:30)
	Day 25	210 seconds (3:30)
	Day 26	REST
	Day 27	240 seconds (4:00)
	Day 28	240 seconds (4:00)
	Day 29	270 seconds (4:30)
	Day 30	PLANK FOR AS LONG AS POSSIBLE!!