

30 day plank challenge

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
Day 15	90 seconds

Day 16	120 seconds
Day 17	120 seconds
Day 18	150 seconds
Day 19	rest
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 27	240 seconds
Day 28	240 seconds
Day 29	270 seconds
Day 30	300 seconds

notes:

