



change **IN** seconds

30 Day Plank Challenge

Day 1

20 SECONDS

Plank

Day 2

20 SECONDS

Plank

Day 3

30 SECONDS

Plank

Day 4

30 SECONDS

Plank

Day 5

REST DAY

Day 6

40 SECONDS

Plank

Day 7

40 SECONDS

Plank

Day 8

50 SECONDS

Plank

Day 9

50 SECONDS

Plank

Day 10

REST DAY

Day 11

1 MINUTE

Plank

Day 12

1 MINUTE

Plank

Day 13

1.5 MINUTE

Plank

Day 14

1.5 MINUTE

Plank

Day 15

REST DAY

Day 16

2 MINUTE

Plank

Day 17

2 MINUTE

Plank

Day 18

2.5 MINUTE

Plank

Day 19

2.5 MINUTE

Plank

Day 20

REST DAY

Day 21

3 MINUTE

Plank

Day 22

3 MINUTE

Plank

Day 23

3.5 MINUTE

Plank

Day 24

3.5 MINUTE

Plank

Day 25

REST DAY

Day 26

4 MINUTE

Plank

Day 27

4 MINUTE

Plank

Day 28

4.5 MINUTE

Plank

Day 29

4.5 MINUTE

Plank

Day 30

REST DAY

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