

# 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 1 Minute	Day 10 1 Minute	Day 11 1 Minute	Day 12 1 Minute, 30 Seconds	Day 13 Rest	Day 14 1 Minute, 40 Seconds
Day 15 1 Minute, 50 Seconds	Day 16 2 Minutes	Day 17 2 Minutes	Day 18 2 Minutes, 30 Seconds	Day 19 Rest	Day 20 2 Minutes, 30 Seconds	Day 21 2 Minutes, 30 Seconds
Day 22 3 Minutes	Day 23 3 Minutes	Day 24 3 Minutes, 30 Seconds	Day 25 3 Minutes, 30 Seconds	Day 26 Rest	Day 27 4 Minutes	Day 28 4 Minutes
Day 29 4 Minutes, 30 Seconds	Day 30 5 Minutes					

