**30 DAY PLANK CHALLENGE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DAY 1**  **30 Seconds** | **DAY 2**  **40 Seconds** | **DAY 3**  **50 Seconds** | **DAY 4**  **60 Seconds** | **DAY 5**  **70 Seconds** |
| **DAY 6**  **80 Seconds** | **DAY 7**  **Rest day** | **DAY 8**  **90 Seconds** | **DAY 9**  **100 Seconds** | **DAY 10**  **120 Seconds** |
| **DAY 11**  **140 Seconds** | **DAY 12**  **160 Seconds** | **DAY 13**  **Rest day** | **DAY 14**  **160 Seconds** | **DAY 15**  **180 Seconds** |
| **DAY 16**  **200**  **Seconds** | **DAY 17**  **220**  **Seconds** | **DAY 18**  **240 Seconds** | **DAY 19**  **260 Seconds** | **DAY 20**  **Rest day** |
| **DAY 21**  **260 Seconds** | **DAY 22**  **280 Seconds** | **DAY 23**  **300**  **Seconds** | **DAY 24**  **320 Seconds** | **DAY 25**  **Rest day** |
| **DAY 26**  **320 Seconds** | **DAY 27**  **340 Seconds** | **DAY 28**  **360 Seconds** | **DAY 29**  **380 Seconds** | **DAY 30**  **400 Seconds** |