**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** |