30 - DAY PLANK CHALLENGE



- [ ] DAY 1. - 20 sec
- [ ] DAY 2. - 20 sec
- [ ] DAY 3. - 30 sec
- [ ] DAY 4. - 30 sec
- [ ] DAY 5. - 40 sec
- [ ] DAY 6. - REST
- [ ] DAY 7. - 45 sec
- [ ] DAY 8. - 45 sec
- [ ] DAY 9. - 1 min
- [ ] DAY 10. - 1 min
- [ ] DAY 11. - 1 min
- [ ] DAY 12. - 1 min 30 sec
- [ ] DAY 13. - REST
- [ ] DAY 14. - 1 min 40 sec
- [ ] DAY 15. - 1 min 50 sec
- [ ] DAY 16. - 2 min
- [ ] DAY 17. - 2 min
- [ ] DAY 18. - 2 min 30 sec
- [ ] DAY 19. - REST
- [ ] DAY 20. - 2 min 30 sec
- [ ] DAY 21. - 2 min 30 sec
- [ ] DAY 22. - 3 min
- [ ] DAY 23. - 3 min
- [ ] DAY 24. - 3 min 30 sec
- [ ] DAY 25. - 3 min 30 sec
- [ ] DAY 26. - REST
- [ ] DAY 27. - 4 min
- [ ] DAY 28. - 4 min
- [ ] DAY 29. - 4 min 30 sec
- [ ] DAY 30. - 5 min

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