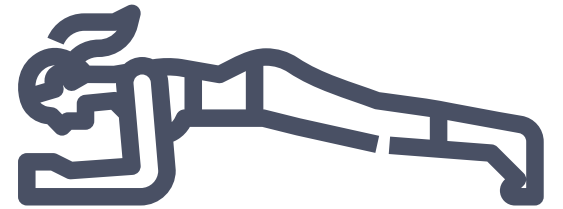


# 30-DAY *Plank challenge*



**DIRECTIONS** Set up in a forearm plank.

relax your head, tighten core and look at floor

DAY 1 20 SECS	DAY 2 20 SECS	DAY 3 30 SECS	DAY 4 30 SECS	DAY 5 40 SECS
REST	DAY 7 45 SECS	DAY 8 45 SECS	DAY 9 1 MIN	DAY 10 1 MIN
DAY 11 1 MIN	DAY 12 1.5 MIN	REST	DAY 14 1.5 MIN	DAY 15 1.5 MIN
DAY 16 2 MIN	DAY 17 2 MIN	DAY 18 2 MIN	REST	DAY 20 2 MIN 10 Sec
DAY 21 2 MIN 10 sec	DAY 22 2 MIN 10 sec	DAY 23 2 MIN 20 sec	DAY 24 2 MIN 20 sec	DAY 25 2 MIN 20 sec
REST	DAY 27 2 MIN 40 sec	DAY 28 2 MIN 40 sec	DAY 29 2 MIN 40 sec	DAY 30 3 MIN