

30-Day Plank Challenge



Day 1	10 Seconds
Day 2	15 Seconds
Day 3	20 Seconds
Day 4	20 Seconds
Day 5	30 Seconds
Day 6	Rest Day
Day 7	40 Seconds
Day 8	40 Seconds
Day 9	50 Seconds
Day 10	50 Seconds
Day 11	60 Seconds
Day 12	60 Seconds
Day 13	Rest Day
Day 14	70 Seconds
Day 15	70 Seconds

Day 16	80 Seconds
Day 17	90 Seconds
Day 18	90 Seconds
Day 19	Rest Day
Day 20	110 Seconds
Day 21	110 Seconds
Day 22	130 Seconds
Day 23	130 Seconds
Day 24	150 Seconds
Day 25	150 Seconds
Day 26	Rest Day
Day 27	170 Seconds
Day 28	190 Seconds
Day 29	210 Seconds
Day 30	240 Seconds