

30-DAY PLANK CHALLENGE



1. NORMAL PLANK

2. SIDE PLANK



3. MILITARY PLANK

4. MOUNTAIN CLIMBERS

DAY 1 PLANK 20 SECONDS	DAY 2 SIDE PLANK 15 SECONDS, EACH SIDE	DAY 3 MILITARY PLANK 20 SECONDS	DAY 4 MOUNTAIN CLIMBERS 20 SECONDS	DAY 5 PLANK 30 SECONDS	DAY 6 SIDE PLANK 20 SECONDS, EACH SIDE
DAY 7 BREAK	DAY 8 MILITARY PLANK 30 SECONDS	DAY 9 MOUNTAIN CLIMBERS 30 SECONDS	DAY 10 PLANK 40 SECONDS	DAY 11 SIDE PLANK 25 SECONDS, EACH SIDE	DAY 12 MOUNTAIN CLIMBERS 40 SECONDS
DAY 13 MILITARY PLANK 30 SECONDS	DAY 14 BREAK	DAY 15 PLANK 40 SECONDS + MOUNTAIN CLIMBERS 30 SECONDS	DAY 16 SIDE PLANK 30 SECONDS, EACH SIDE	DAY 17 MILITARY PLANK 40 SECONDS	DAY 18 PLANK 50 SECONDS
DAY 19 MOUNTAIN CLIMBERS 50 SECONDS	DAY 20 SIDE PLANK 40 SECONDS, EACH SIDE	DAY 21 BREAK	DAY 22 MILITARY PLANK 30 SECONDS	DAY 23 PLANK 40 SECONDS + MOUNTAIN CLIMBERS 40 SECONDS	DAY 24 SIDE PLANK 50 SECONDS, EACH SIDE
DAY 25 PLANK 80 SECONDS	DAY 26 MILITARY PLANK 40 SECONDS	DAY 27 MOUNTAIN CLIMBERS 90 SECONDS	DAY 28 PLANK 100 SECONDS	DAY 29 BREAK	DAY 30 PLANK 120 SECONDS