30 Day Plank Challenge

Save and complete this 30 day plank challenge to strengthen and tone up your core for the summer. Join almost 1 million others who have taken and completed this popular 30 day challenge.



- ◯ **Day 1:** 20 Seconds
- ◯ **Day 2:** 20 Seconds
- ◯ **Day 3:** 30 Seconds
- ◯ **Day 4:** 30 Seconds
- ◯ **Day 5:** 40 Seconds
- ◯ **Day 6:** *Rest Day*
- ◯ **Day 7:** 45 Seconds
- ◯ **Day 8:** 45 Seconds
- ◯ **Day 9:** 60 Seconds
- ◯ **Day 10:** 60 Seconds
- ◯ **Day 11:** 60 Seconds
- ◯ **Day 12:** 90 Seconds
- ◯ **Day 13:** *Rest Day*
- ◯ **Day 14:** 90 Seconds
- ◯ **Day 15:** 90 Seconds
- ◯ **Day 16:** 120 Seconds
- ◯ **Day 17:** 120 Seconds
- ◯ **Day 18:** 150 Seconds
- ◯ **Day 19:** *Rest Day*
- ◯ **Day 20:** 150 Seconds
- ◯ **Day 21:** 150 Seconds
- ◯ **Day 22:** 180 Seconds
- ◯ **Day 23:** 180 Seconds
- ◯ **Day 24:** 210 Seconds
- ◯ **Day 25:** 210 Seconds
- ◯ **Day 26:** *Rest Day*
- ◯ **Day 27:** 240 Seconds
- ◯ **Day 28:** 240 Seconds
- ◯ **Day 29:** 270 Seconds
- ◯ **Day 30:** 300 Seconds

Learn more:
https://30dayfitnesschallenge.co.uk/30-day-plank-challenge/

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