

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/>

Make and Share Free Checklists

checkli.com
