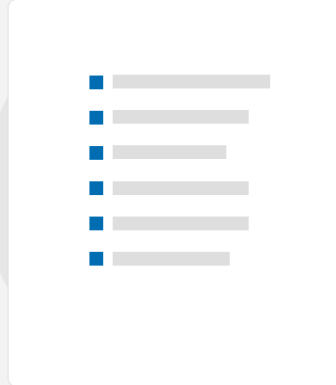


30 - DAY PLANK CHALLENGE



- DAY 1. - 20 sec
- DAY 3. - 30 sec
- DAY 5. - 40 sec
- DAY 7. - 45 sec
- DAY 9. - 1 min
- DAY 11. - 1 min
- DAY 13. - REST
- DAY 15. - 1 min 50 sec
- DAY 17. - 2 min
- DAY 19. - REST
- DAY 21. - 2 min 30 sec
- DAY 23. - 3 min
- DAY 25. - 3 min 30 sec
- DAY 27. - 4 min
- DAY 29. - 4 min 30 sec

- DAY 2. - 20 sec
- DAY 4. - 30 sec
- DAY 6. - REST
- DAY 8. - 45 sec
- DAY 10. - 1 min
- DAY 12. - 1 min 30 sec
- DAY 14. - 1 min 40 sec
- DAY 16. - 2 min
- DAY 18. - 2 min 30 sec
- DAY 20. - 2 min 30 sec
- DAY 22. - 3 min
- DAY 24. - 3 min 30 sec
- DAY 26. - REST
- DAY 28. - 4 min
- DAY 30. - 5 min

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