

# 30 day plank challenge

IF YOU THINK A MINUTE GOES BY REALLY FAST, YOU'VE OBVIOUSLY NEVER PLANKED

DAY	PLANK	SIDE PLANK	DAY	PLANK	SIDE PLANK
1	0:20	0:10	16	1:50	1:40
2	0:30	0:20	17	2:00	1:50
3	0:40	0:30	18	2:10	2:00
4	0:50	0:40	19	2:20	2:10
5	REST	REST	20	REST	REST
6	0:50	0:40	21	2:20	2:10
7	1:00	0:50	22	2:30	2:20
8	1:10	1:00	23	2:40	2:30
9	1:20	1:10	24	2:50	2:40
10	REST	REST	25	REST	REST
11	1:20	1:10	26	3:00	2:50
12	1:30	1:20	27	3:10	3:00
13	1:40	1:30	28	3:20	3:10
14	1:50	1:40	29	3:30	3:20
15	REST	REST	30	3:30	3:30

