

## 30 Day Plank Challenge

Day 1	Front Plank – 10 seconds Right Side Plank – 10 seconds Front Plank – 10 seconds Left Side Plank – 10 seconds	Day 16	Front Plank – 50 seconds Right Side Plank – 50 seconds Front Plank – 50 seconds Left Side Plank – 50 seconds
Day 2	Front Plank – 10 seconds Right Side Plank – 10 seconds Front Plank – 10 seconds Left Side Plank – 10 seconds	Day 17	Front Plank – 55 seconds Right Side Plank – 55 seconds Front Plank – 55 seconds Left Side Plank – 55 seconds
Day 3	Front Plank – 15 seconds Right Side Plank – 15 seconds Front Plank – 15 seconds Left Side Plank – 15 seconds	Day 18	Front Plank – 60 seconds Right Side Plank – 60 seconds Front Plank – 60 seconds Left Side Plank – 60 seconds
Day 4	Front Plank – 20 seconds Right Side Plank – 20 seconds Front Plank – 20 seconds Left Side Plank – 20 seconds	Day 19	Front Plank – 60 seconds Right Side Plank – 60 seconds Front Plank – 60 seconds Left Side Plank – 60 seconds
Day 5	Front Plank – 25 seconds Right Side Plank – 25 seconds Front Plank – 25 seconds Left Side Plank – 25 seconds	Day 20	Front Plank – 60 seconds Right Side Plank – 60 seconds Front Plank – 60 seconds Left Side Plank – 60 seconds
Day 6	Front Plank – 25 seconds Right Side Plank – 25 seconds Front Plank – 25 seconds Left Side Plank – 25 seconds	Day 21	Front Plank – 60 seconds Right Side Plank – 60 seconds Front Plank – 60 seconds Left Side Plank – 60 seconds
Day 7	Front Plank – 30 seconds Right Side Plank – 30 seconds Front Plank – 30 seconds Left Side Plank – 30 seconds	Day 22	Front Plank – 65 seconds Right Side Plank – 65 seconds Front Plank – 65 seconds Left Side Plank – 65 seconds
Day 8	Front Plank – 30 seconds Right Side Plank – 30 seconds Front Plank – 30 seconds Left Side Plank – 30 seconds	Day 23	Front Plank – 65 seconds Right Side Plank – 65 seconds Front Plank – 65 seconds Left Side Plank – 65 seconds
Day 9	Front Plank – 30 seconds Right Side Plank – 30 seconds Front Plank – 30 seconds Left Side Plank – 30 seconds	Day 24	Front Plank – 70 seconds Right Side Plank – 70 seconds Front Plank – 70 seconds Left Side Plank – 70 seconds
Day 10	Front Plank – 35 seconds Right Side Plank – 35 seconds Front Plank – 35 seconds Left Side Plank – 35 seconds	Day 25	Front Plank – 70 seconds Right Side Plank – 70 seconds Front Plank – 70 seconds Left Side Plank – 70 seconds
Day 11	Front Plank – 40 seconds Right Side Plank – 40 seconds Front Plank – 40 seconds Left Side Plank – 40 seconds	Day 26	Front Plank – 75 seconds Right Side Plank – 75 seconds Front Plank – 75 seconds Left Side Plank – 75 seconds

Day 12	Front Plank – 40 seconds Right Side Plank – 40 seconds Front Plank – 40 seconds Left Side Plank – 40 seconds	Day 27	Front Plank – 75 seconds Right Side Plank – 75 seconds Front Plank – 75 seconds Left Side Plank – 75 seconds
Day 13	Front Plank – 40 seconds Right Side Plank – 40 seconds Front Plank – 40 seconds Left Side Plank – 40 seconds	Day 28	Front Plank – 80 seconds Right Side Plank – 80 seconds Front Plank – 80 seconds Left Side Plank – 10 seconds
Day 14	Front Plank – 45 seconds Right Side Plank – 45 seconds Front Plank – 45 seconds Left Side Plank – 45 seconds	Day 29	Front Plank – 85 seconds Right Side Plank – 85 seconds Front Plank – 85 seconds Left Side Plank – 85 seconds
Day 15	Front Plank – 45 seconds Right Side Plank – 45 seconds Front Plank – 45 seconds Left Side Plank – 45 seconds	Day 30	Front Plank – 90 seconds Right Side Plank – 90 seconds Front Plank – 90 seconds Left Side Plank – 90 seconds