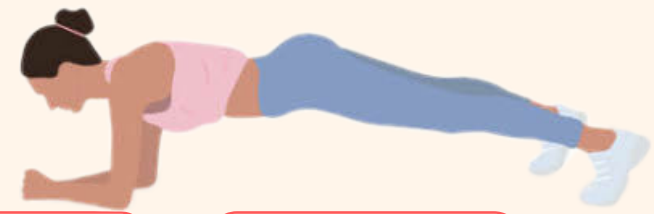


30 DAY PLANK CHALLENGE



Day 1 20 secs	Day 2 20 secs	Day 3 30 secs	Day 4 30 secs	Day 5 40 secs
Day 6 Rest	Day 7 45 secs	Day 8 45 secs	Day 9 1 min	Day 10 1 min
Day 11 1 min 15 sec	Day 12 1 min 30 sec	Day 13 Rest	Day 14 1 min 40 sec	Day 15 1 min 50 sec
Day 16 2 min	Day 17 2 min	Day 18 2 min 30 sec	Day 19 Rest	Day 20 2 min 30 sec
Day 21 2 min 45 sec	Day 22 3 min	Day 23 3 min	Day 24 3 min 30 sec	Day 25 3 min 30 sec
Day 26 Rest	Day 27 4 min	Day 28 4 min	Day 29 4 min 30 sec	Day 30 5 min

