

It's Time to Burn!

The 30 Day Plank Challenge - Supercharge your Core!!

Day 1 - 20 Seconds	Day 2 - 20 Seconds	Day 3 - 30 Seconds	Day 4 - 30 Seconds	Day 5 - 40 Seconds	Day 6 - REST
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 14 - 90 Seconds	Day 15 - 90 Seconds	Day 16 - 120 Seconds	Day 17 - 120 Seconds	Day 18 - 150 Seconds
Day 19 - REST	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 27 - 240 Seconds	Day 28 - 240 Seconds	Day 29 - 270 Seconds	Day 30 - 300 Seconds

