

30 DAYS PLANK

DAY 1

10
seconds

DAY 2

20
seconds

DAY 3

30
seconds

DAY 4

30
seconds

DAY 5

40
seconds

DAY 6

REST DAY

DAY 7

45
seconds

DAY 8

45
seconds

DAY 9

45
seconds

DAY 10

50
seconds

DAY 11

50
seconds

DAY 12

50
seconds

DAY 13

REST DAY

DAY 14

60
seconds

DAY 15

60
seconds

DAY 16

60
seconds

DAY 17

70
seconds

DAY 18

70
seconds

DAY 19

REST DAY

DAY 20

80
seconds

DAY 21

80
seconds

DAY 22

90
seconds

DAY 23

90
seconds

DAY 24

90
seconds

DAY 25

90
seconds

DAY 26

REST DAY

DAY 27

100
seconds

DAY 28

120
seconds

DAY 29

130
seconds

DAY 30

plank as long as
you can