

Vitalabo

30 DAY PLANK CHALLENGE



DAY 1	15	SECONDS
DAY 2	20	SECONDS
DAY 3	20	SECONDS
DAY 4	25	SECONDS
DAY 5	30	SECONDS
DAY 6	REST	
DAY 7	30	SECONDS
DAY 8	35	SECONDS
DAY 9	40	SECONDS
DAY 10	45	SECONDS
DAY 11	50	SECONDS
DAY 12	55	SECONDS
DAY 13	REST	
DAY 14	55	SECONDS
DAY 15	60	SECONDS

DAY 16	65	SECONDS
DAY 17	65	SECONDS
DAY 18	70	SECONDS
DAY 19	75	SECONDS
DAY 20	REST	
DAY 21	80	SECONDS
DAY 22	85	SECONDS
DAY 23	90	SECONDS
DAY 24	95	SECONDS
DAY 25	100	SECONDS
DAY 26	105	SECONDS
DAY 27	REST	
DAY 28	110	SECONDS
DAY 29	115	SECONDS
DAY 30	120	SECONDS