



## **The 30 Day Plank Challenge**

**It's all about Core Strengthening... Give it a go!**

**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 - PLANK FOR AS LONG AS POSSIBLE!!**



*Massage \* Facials \* Waxing*