

30 Day Plank Challenge

Keep your body in a straight line



Relax your head and look at the floor.

Plank is only one exercise which you have to do each day to help you build up your core body muscle strength

The plank challenge is the most popular 30 day fitness challenge

day 1 - 20 sec
day 2 - 20 sec
day 3 - 30 sec
day 4 - 30 sec
day 5 - 40 sec
day 6 - rest
day 7 - 45 sec
day 8 - 45 sec
day 9 - 1 min
day 10 - 1 min
day 11 - 1 min
day 12 - 1.5 min
day 13 - rest
day 14 - 1.5 min
day 15 - 1.5 min

day 16 - 2 min
day 17 - 2 min
day 18 - 2.5 min
day 19 - rest
day 20 - 2.5 min
day 21 - 2.5 min
day 22 - 3 min
day 23 - 3 min
day 24 - 3.5 min
day 25 - 3.5 min
day 26 - rest
day 27 - 4 min
day 28 - 4 min
day 29 - 4.5 min
day 30 - 5 min