

BEGINNER PLANK CHALLENGE

DAY 1 - 6 SECONDS
DAY 2 - 7 SECONDS
DAY 3 - 8 SECONDS
DAY 4 - 9 SECONDS
DAY 5 - REST
DAY 6 - 10 SECONDS
DAY 7 - 11 SECONDS
DAY 8 - 12 SECONDS
DAY 9 - 13 SECONDS
DAY 10 - REST
DAY 11 - 14 SECONDS
DAY 12 - 15 SECONDS
DAY 13 - 16 SECONDS
DAY 14 - 17 SECONDS
DAY 15 - REST

DAY 16 - 18 SECONDS
DAY 17 - 19 SECONDS
DAY 18 - 20 SECONDS
DAY 19 - 21 SECONDS
DAY 20 - REST
DAY 21 - 22 SECONDS
DAY 22 - 23 SECONDS
DAY 23 - 24 SECONDS
DAY 24 - 25 SECONDS
DAY 25 - REST
DAY 26 - 26 SECONDS
DAY 27 - 27 SECONDS
DAY 28 - 28 SECONDS
DAY 29 - 29 SECONDS
DAY 30 - 30 SECONDS

NOTE: CONSULT YOUR DOCTOR BEFORE STARTING AN EXERCISE ROUTINE.

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