

30-Day

Plank Challenge For Beginners

1m30s (90sec)

whitesandsandcoolbreezes.com

Day 1- 15 seconds

Day 2- 15 seconds

Day 3- 20 seconds

Day 4- 25 seconds

Day 5- 30 seconds

Day 6- 30 seconds

Day 7- 35 seconds

Day 8- 35 seconds

Day 9- 40 seconds

Day 10- 45 seconds

Day 11- 45 seconds

Day 12- 50 seconds

Day 13- 55 seconds

Day 14- Rest

Day 15- 1 minute

Day 16- 1 minute

Day 17- 1.05 minutes

Day 18- 1.05 minutes

Day 19- 1.10 minutes

Day 20- 1.10 minutes

Day 21- 1.15 minutes

Day 22- 1.15 minutes

Day 23- 1.15 minutes

Day 24- 1.20 minutes

Day 25- 1.20 minutes

Day 26- 1.25 minutes

Day 27- 1.25 minutes

Day 28- 1.30 minutes

Day 29- 1.30 minutes

Day 30- 1.30 minutes