

30 DAY PLANK CHALLENGE

1 20 sec.	2 20 sec.	3 30 sec.	4 30 sec.	5 40 sec.	6 REST	7 45 sec.
8 45 sec.	9 60 sec.	10 60 sec.	11 60 sec.	12 90 sec.	13 REST	14 90 sec.
15 90 sec.	16 120 sec.	17 120 sec.	18 150 sec.	19 REST	20 150 sec.	21 150 sec.
22 180 sec.	23 180 sec.	24 210 sec.	25 210 sec.	26 REST	27 240 sec.	28 240 sec.
29 270 sec.	30 300 sec.					



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#pineridgeplank