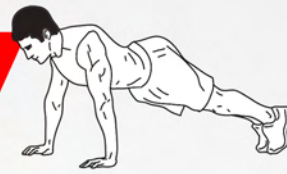


# PLANK



30-DAY CHALLENGE

split total reps  
into manageable sets

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1 10sec plank 20sec elbow plank	2 20sec plank 20sec elbow plank	3 25sec plank 20sec elbow plank	4 5 up and down planks	5 30sec plank 20sec elbow plank
6 30sec plank 30sec elbow plank	7 40sec plank 30sec elbow plank	8 10 up and down planks	9 50sec plank 30sec elbow plank	10 1min plank 30sec elbow plank
11 1min10sec plank 40sec elbow plank	12 20 up and down planks	13 1min20sec plank 40sec elbow plank	14 1min30sec plank 40sec elbow plank	15 1min40sec plank 40sec elbow plank
16 25 up and down planks	17 1min50sec plank 45sec elbow plank	18 2min plank 45sec elbow plank	19 2min10sec plank 45sec elbow plank	20 30 up and down planks
21 2min30sec plank 50sec elbow plank	22 2min40sec plank 50sec elbow plank	23 2min50sec plank 50sec elbow plank	24 35 up and down planks	25 3min plank 50sec elbow plank
26 3min10sec plank 1min elbow plank	27 3min20sec plank 1min elbow plank	28 40 up and down planks	29 3min30sec plank 1min elbow plank	30 4min plank 1min elbow plank