

Vitalabo

30 DAY PLANK CHALLENGE



DAY 1 15 SECONDS
DAY 2 20 SECONDS
DAY 3 20 SECONDS
DAY 4 25 SECONDS
DAY 5 30 SECONDS
DAY 6 REST
DAY 7 30 SECONDS
DAY 8 35 SECONDS
DAY 9 40 SECONDS
DAY 10 45 SECONDS
DAY 11 50 SECONDS
DAY 12 55 SECONDS
DAY 13 REST
DAY 14 55 SECONDS
DAY 15 60 SECONDS

DAY 16 65 SECONDS
DAY 17 65 SECONDS
DAY 18 70 SECONDS
DAY 19 75 SECONDS
DAY 20 REST
DAY 21 80 SECONDS
DAY 22 85 SECONDS
DAY 23 90 SECONDS
DAY 24 95 SECONDS
DAY 25 100 SECONDS
DAY 26 105 SECONDS
DAY 27 REST
DAY 28 110 SECONDS
DAY 29 115 SECONDS
DAY 30 120 SECONDS