

FIRST THING PLANK HOLD



30-DAY CHALLENGE

@ darebee.com

1	2	3	4	5
max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up
6	7	8	9	10
max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up
11	12	13	14	15
max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up
16	17	18	19	20
max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up
21	22	23	24	25
max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up
26	27	28	29	30
max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up	max plank hold 2 sets 30 sec rest after waking up