

# 30 DAY

# Beginner Plank Challenge

<p>Day 1</p> <p>10 sec. Elbow Plank 10 sec. Regular Plank 10 sec. Side Plank 10 sec. Reverse Plank</p>	<p>Day 2</p> <p>10 sec. Elbow Plank 10 sec. Regular Plank 10 sec. Side Plank 10 sec. Reverse Plank</p>	<p>Day 3</p> <p>15 sec. Elbow Plank 15 sec. Regular Plank 15 sec. Side Plank 15 sec. Reverse Plank</p>	<p>Day 4</p> <p>15 sec. Elbow Plank 15 sec. Regular Plank 15 sec. Side Plank 15 sec. Reverse Plank</p>	<p>Day 5</p> <p>15 sec. Elbow Plank 15 sec. Regular Plank 15 sec. Side Plank 15 sec. Reverse Plank</p>
<p>Day 6</p> <p>20 sec. Elbow Plank 20 sec. Regular Plank 20 sec. Side Plank 20 sec. Reverse Plank</p>	<p>Day 7</p> <p>Rest Day!</p>	<p>Day 8</p> <p>20 sec. Elbow Plank 20 sec. Regular Plank 20 sec. Side Plank 20 sec. Reverse Plank</p>	<p>Day 9</p> <p>25 sec. Elbow Plank 25 sec. Regular Plank 25 sec. Side Plank 25 sec. Reverse Plank</p>	<p>Day 10</p> <p>25 sec. Elbow Plank 25 sec. Regular Plank 25 sec. Side Plank 25 sec. Reverse Plank</p>
<p>Day 11</p> <p>25 sec. Elbow Plank 25 sec. Regular Plank 25 sec. Side Plank 25 sec. Reverse Plank</p>	<p>Day 12</p> <p>30 sec. Elbow Plank 30 sec. Regular Plank 30 sec. Side Plank 30 sec. Reverse Plank</p>	<p>Day 13</p> <p>30 sec. Elbow Plank 30 sec. Regular Plank 30 sec. Side Plank 30 sec. Reverse Plank</p>	<p>Day 14</p> <p>Rest Day!</p>	<p>Day 15</p> <p>30 sec. Elbow Plank 30 sec. Regular Plank 30 sec. Side Plank 30 sec. Reverse Plank</p>
<p>Day 16</p> <p>35 sec. Elbow Plank 35 sec. Regular Plank 35 sec. Side Plank 35 sec. Reverse Plank</p>	<p>Day 17</p> <p>35 sec. Elbow Plank 35 sec. Regular Plank 35 sec. Side Plank 35 sec. Reverse Plank</p>	<p>Day 18</p> <p>40 sec. Elbow Plank 40 sec. Regular Plank 40 sec. Side Plank 40 sec. Reverse Plank</p>	<p>Day 19</p> <p>40 sec. Elbow Plank 40 sec. Regular Plank 40 sec. Side Plank 40 sec. Reverse Plank</p>	<p>Day 20</p> <p>45 sec. Elbow Plank 45 sec. Regular Plank 45 sec. Side Plank 45 sec. Reverse Plank</p>
<p>Day 21</p> <p>Rest Day!</p>	<p>Day 22</p> <p>45 sec. Elbow Plank 45 sec. Regular Plank 45 sec. Side Plank 45 sec. Reverse Plank</p>	<p>Day 23</p> <p>50 sec. Elbow Plank 50 sec. Regular Plank 50 sec. Side Plank 50 sec. Reverse Plank</p>	<p>Day 24</p> <p>50 sec. Elbow Plank 50 sec. Regular Plank 50 sec. Side Plank 50 sec. Reverse Plank</p>	<p>Day 25</p> <p>55 sec. Elbow Plank 55 sec. Regular Plank 55 sec. Side Plank 55 sec. Reverse Plank</p>
<p>Day 26</p> <p>55 sec. Elbow Plank 55 sec. Regular Plank 55 sec. Side Plank 55 Sec. Reverse Plank</p>	<p>Day 27</p> <p>55 sec. Elbow Plank 55 sec. Regular Plank 55 sec. Side Plank 55 Sec. Reverse Plank</p>	<p>Day 28</p> <p>Rest Day!</p>	<p>Day 29</p> <p>60 sec. Elbow Plank 60 sec. Regular Plank 60 sec. Side Plank 60 Sec. Reverse Plank</p>	<p>Day 30</p> <p>60 sec. Elbow Plank 60 sec. Regular Plank 60 sec. Side Plank 60 Sec. Reverse Plank</p>