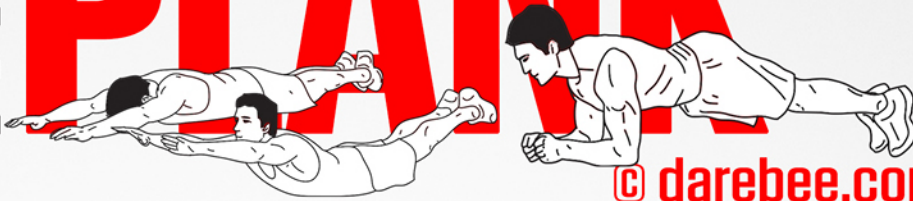


# FIVE MINUTE PLANK



30-DAY CHALLENGE

[darebee.com](http://darebee.com)

1 20 seconds elbow plank	2 25 seconds elbow plank	3 30 seconds elbow plank	4 10 reps supermen 2 sets in total any rest	5 45 seconds elbow plank
6 60 seconds elbow plank	7 1min 10sec elbow plank	8 12 reps supermen 2 sets in total any rest	9 1min 30sec elbow plank	10 1min 40sec elbow plank
11 1min 45sec elbow plank	12 15 reps supermen 2 sets in total any rest	13 2 minute elbow plank	14 2min 10sec elbow plank	15 2min 30sec elbow plank
16 2min 40sec elbow plank	17 16 reps supermen 2 sets in total any rest	18 3 minute elbow plank	19 3min 20sec elbow plank	20 3min 30sec elbow plank
21 18 reps supermen 2 sets in total any rest	22 3min 40sec elbow plank	23 3min 50sec elbow plank	24 4 minute elbow plank	25 4min 20sec elbow plank
26 20 reps supermen 2 sets in total any rest	27 4min 30sec elbow plank	28 4min 40sec elbow plank	29 25 reps supermen 2 sets in total any rest	30 5 minute elbow plank