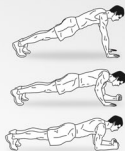


# plank



30-DAY CHALLENGE © [darebee.com](http://darebee.com) split total reps into manageable sets

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