

# 20 Day **Plank** Challenge

\_\_\_ Day 1 = 20 sec.

\_\_\_ Day 2 = 20 sec.

\_\_\_ Day 3 = 30 sec.

\_\_\_ Day 4 = 30 sec.

\_\_\_ Day 5 = 40 sec.

\_\_\_ Day 6 = *Rest*

\_\_\_ Day 7 = 45 sec.

\_\_\_ Day 8 = 45 sec.

\_\_\_ Day 9 = 1 min.

\_\_\_ Day 10 = 1 min.

\_\_\_ Day 11 = 1 min.

\_\_\_ Day 12 = *Rest*

\_\_\_ Day 13 = 1 min. 15 sec.

\_\_\_ Day 14 = 1 min. 15 sec.

\_\_\_ Day 15 = 1 min. 30 sec.

\_\_\_ Day 16 = 1 min. 30 sec.

\_\_\_ Day 17 = *Rest*

\_\_\_ Day 18 = 1 min. 45 sec.

\_\_\_ Day 19 = 1 min. 45 sec.

\_\_\_ Day 20 = 2 min.

*Congratulations!*



**FitMamas**

