

Planking-challenge



Day 1
20 sec – rest – 20
sec

Day 8
55 sec – rest – 50
sec

Day 15
85 sec

Day 22
165 sec

Day 2
25 sec – rest – 20
sec

Day 9
55 sec – rest – 55
sec

Day 16
100 sec

Day 23
180 sec

Day 3
35 sec – rest – 35
sec

Day 10
60 sec – rest – 55
sec

Day 17
100 sec – rest –
85 sec

Day 24
180 sec – rest –
160 sec



Day 4
40 sec – rest – 35
sec

Day 11
60 sec – rest – 60
sec

Day 18
130 sec

Day 25
200 sec

Day 5
45 sec – rest – 45
sec

Day 12
65 sec – rest – 60
sec

Day 19
130 sec – rest –
115 sec

Day 26
230 sec

Day 6
50 sec – rest 45
sec

Day 13
65 sec – rest – 65
sec

Day 20
150 sec

Day 27
250 sec



Day 7
REST DAY

Day 14
As long as you can!

Day 21
REST DAY

Day 28
As long as you can!

