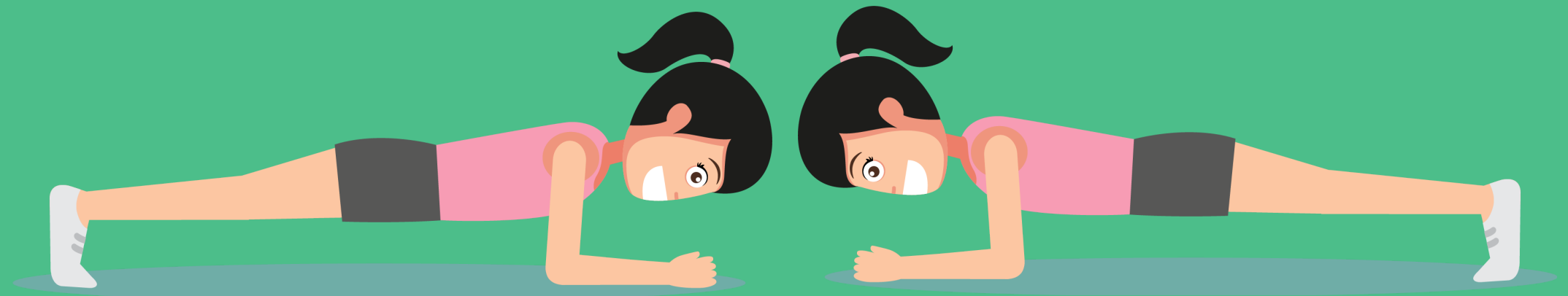


# 30 DAY



## PLANK CHALLENGE

<b>DAY 1</b> 60 SEC.	<b>DAY 2</b> 60 SEC.	<b>DAY 3</b> 65 SEC.	<b>DAY 4</b> 70 SEC.	<b>DAY 5</b> 75 SEC.	<b>DAY 6</b> 80 SEC.	<b>DAY 7</b> 85 SEC.
<b>DAY 8</b> 90 SEC.	<b>DAY 9</b> 95 SEC.	<b>DAY 10</b> 100 SEC.	<b>DAY 11</b> 105 SEC.	<b>DAY 12</b> 110 SEC.	<b>DAY 13</b> 111 SEC.	<b>DAY 14</b> 120 SEC.
<b>DAY 15</b> 120 SEC.	<b>DAY 16</b> 120 SEC.	<b>DAY 17</b> 120 SEC.	<b>DAY 18</b> 120 SEC.	<b>DAY 19</b> 125 SEC.	<b>DAY 20</b> 130 SEC.	<b>DAY 21</b> 135 SEC.
<b>DAY 22</b> 140 SEC.	<b>DAY 23</b> 145 SEC.	<b>DAY 24</b> 150 SEC.	<b>DAY 25</b> 155 SEC.	<b>DAY 26</b> 160 SEC.	<b>DAY 27</b> 165 SEC.	<b>DAY 28</b> 170 SEC.
<b>DAY 29</b> 175 SEC.	<b>DAY 30</b> 180 SEC.	<b>BONUS</b> 180 SEC.	<b>BONUS</b> 180 SEC.	<b>BONUS</b> 180 SEC.	<b>BONUS</b> 180 SEC.	<b>BONUS</b> 180 SEC.