

March, 2018

5 Minute Plank Challenge



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 20 sec	2 20 sec	3 30 sec
4 REST	5 30 sec	6 40 sec	7 50 sec	8 50 sec	9 1 min	10 1 min
11 REST	12 1 min, 15 sec	13 1 min, 30 sec	14 1 min, 45 sec	15 2 min	16 2 min	17 2 min, 20 sec
18 REST	19 2 min, 40 sec	20 3 min	21 3 min	22 3 min, 20 sec	23 3 min, 40 sec	24 3 min, 40 sec
25 REST	26 4 min	27 4 min	28 4 min, 20 sec	29 4 min, 20 sec	30 4 min, 40 sec	31 5 min