

31-DAY PLANK CHALLENGE



DAY 1

- Routine 1
- 15-second plank

DAY 2

- Walk
- 15-second plank

DAY 3

- Routine 1
- 15-second plank

DAY 4

- Walk
- 15-second plank

DAY 5

- Routine 1
- 15-second plank

DAY 6

- Walk
- 15-second plank

DAY 7

- Routine 1
- 15-second plank

DAY 8

- Walk
- 30-second plank

DAY 9

- Routine 2
- 30-second plank

DAY 10

- Walk
- 30-second plank

DAY 11

- Routine 1
- 30-second plank

DAY 12

- Walk
- 30-second plank

DAY 13

- Routine 2
- 30-second plank

DAY 14

- Walk
- 30-second plank

DAY 15

- Routine 2
- 45-second plank

DAY 16

- Walk
- 45-second plank

DAY 17

- Routine 1
- 45-second plank

DAY 18

- Walk
- 45-second plank

DAY 19

- Routine 2
- 45-second plank

DAY 20

- Walk
- 45-second plank

DAY 21

- Routine 1 & 2
- 45-second plank

DAY 22

- Walk
- 60-second plank

DAY 23

- Routine 2
- 60-second plank

DAY 24

- Walk
- 60-second plank

DAY 25

- Routine 1 & 2
- 60-second plank

DAY 26

- Walk
- 60-second plank

DAY 27

- Routine 1
- 60-second plank

DAY 28

- Walk
- 60-second plank

DAY 29

- Routine 1 & 2
- 60-second plank

DAY 30

- Walk
- 60-second plank

DAY 31

- Routine 1 & 2
- 60-second plank