



31 Day October Plank Challenge

Day 1	20 sec	Day 16	2.5 min
Day 2	20 sec	Day 17	3 min
Day 3	30 sec	Day 18	3 min
Day 4	30 sec	Day 19	REST
Day 5	REST	Day 20	3 min
Day 6	45 sec	Day 21	3.5 min
Day 7	45 sec	Day 22	3.5 min
Day 8	1 min	Day 23	3.5 min
Day 9	1 min	Day 24	4 min
Day 10	1.5 min	Day 25	4 min
Day 11	1.5 min	Day 26	REST
Day 12	REST	Day 27	4 min
Day 13	2 min	Day 28	4.5 min
Day 14	2 min	Day 29	4.5 min
Day 15	2.5 min	Day 30	4.5 min
		Day 31	5 min