

# 28 Day Plank Challenge Chart for Men & Women



<b>Day 1</b>	<b>20 Sec</b>
<b>Day 2</b>	<b>20 Sec</b>
<b>Day 3</b>	<b>30 Sec</b>
<b>Day 4</b>	<b>30 Sec</b>
<b>Day 5</b>	<b>40 Sec</b>
<b>Day 6</b>	<b>Restday</b>
<b>Day 7</b>	<b>45 Sec</b>
<b>Day 8</b>	<b>45 Sec</b>
<b>Day 9</b>	<b>60 Sec</b>
<b>Day 10</b>	<b>60 Sec</b>

<b>Day 11</b>	<b>90 Sec</b>
<b>Day 12</b>	<b>Restday</b>
<b>Day 13</b>	<b>90 Sec</b>
<b>Day 14</b>	<b>90 Sec</b>
<b>Day 15</b>	<b>120 Sec</b>
<b>Day 16</b>	<b>120 Sec</b>
<b>Day 17</b>	<b>150 Sec</b>
<b>Day 18</b>	<b>Restday</b>

<b>Day 19</b>	<b>150 Sec</b>
<b>Day 20</b>	<b>150 Sec</b>
<b>Day 21</b>	<b>180 Sec</b>
<b>Day 22</b>	<b>180 Sec</b>
<b>Day 23</b>	<b>210 Sec</b>
<b>Day 24</b>	<b>Restday</b>
<b>Day 25</b>	<b>210 Sec</b>
<b>Day 26</b>	<b>240 Sec</b>
<b>Day 27</b>	<b>240 Sec</b>
<b>Day 28</b>	<b>300 Sec</b>