

# PLANK CHALLENGE

**Monday**  
1  
**Normal** **Hardcore**  
**15** **30**  
seconds seconds

**Tuesday**  
2  
**Normal** **Hardcore**  
**15** **45**  
seconds seconds

**Wednesday**  
3  
**Normal** **Hardcore**  
**15** **45**  
seconds seconds

**Thursday**  
4  
**Normal** **Hardcore**  
**30** **60**  
seconds seconds

**Friday**  
5  
**Normal** **Hardcore**  
**30** **60**  
seconds seconds

**Monday**  
6  
**Normal** **Hardcore**  
**30** **60**  
seconds seconds

**Tuesday**  
7  
**Normal** **Hardcore**  
**45** **75**  
seconds seconds

**Wednesday**  
8  
**Normal** **Hardcore**  
**45** **75**  
seconds seconds

**Thursday**  
9  
**Normal** **Hardcore**  
**45** **75**  
seconds seconds

**Friday**  
10  
**Normal** **Hardcore**  
**60** **90**  
seconds seconds

**Monday**  
11  
**Normal** **Hardcore**  
**60** **90**  
seconds seconds

**Tuesday**  
12  
**Normal** **Hardcore**  
**75** **105**  
seconds seconds

**Wednesday**  
13  
**Normal** **Hardcore**  
**75** **105**  
seconds seconds

**Thursday**  
14  
**Normal** **Hardcore**  
**90** **120**  
seconds seconds

**Friday**  
15  
**Normal** **Hardcore**  
**90** **120**  
seconds seconds

**Monday**  
16  
**Normal** **Hardcore**  
**90** **120**  
seconds seconds

**Tuesday**  
17  
**Normal** **Hardcore**  
**105** **180**  
seconds seconds

**Wednesday**  
18  
**Normal** **Hardcore**  
**105** **180**  
seconds seconds

**Thursday**  
19  
**Normal** **Hardcore**  
**120** **210**  
seconds seconds

**Friday**  
20  
**Normal** **Hardcore**  
**120** **240**  
seconds seconds