30 DAYS OF PLANKS

#PLANKSGIVING CHALLENGE

M	T	W	T	F	S	S
STARTING OUT JUST FOLLOW THE PLAN!	MORE ADVANCED? ADD ANOTHER SET!	LOOKING FOR A REAL CHALLENGE ? DO 5 SETS!		(1ST) ON ELBOWS 3X20 SEC	SIDE PLANKS 3X20 SEC	ON HANDS 3X30 SEC
REVERSE PLANK 3X20 SEC	ON ELBOWS, ALT LEG LIFTS 3X30 SEC	SIDE PLANKS TOP LEG LIFTS 3X30 SEC	ON HANDS ALT ARM LIFTS 3X30 SEC	DAY OFF	ON ELBOWS 3X45 SEC	REVERSE PLANK 3X45 SEC
SIDE PLANKS 3X45 SEC	ON HANDS 3X45 SEC	DAY OFF- PHEW!	ON ELBOWS, ALT LEG LIFTS 3X45 SEC	REVERSE PLANK, ALT LEG LIFTS 3X45 SEC	SIDE PLANKS TOP LEG LIFTS 3X45 SEC	ON HANDS ALT ARM LIFTS 3X45 SEC
DAY OFF	UP AND DOWN ELBOWS TO HAND REPEATS 3X45 SEC	ON HANDS, CRUNCH KNEE TO ELBOW 3X45 SEC	SIDE PLANKS TOP LEG KNEE TO CHEST 3X45 SEC	ON HANDS 3X1 MIN	DAY OFF	ON ELBOWS 3X1 MIN
SIDE PLANK 3X1 MIN	REVERSE PLANK 3X1 MIN	ON HANDS ALT ARM AND LEG LIFTS 3X 1 MIN	DAY OFF (3 MORE DAYS!!!)	ON ELBOWS 3X90 SEC	(30TH) SIDE PLANKS 3X90 SEC	DONE!

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