

30 TAGE PLANK CHALLENGE

TAG 1	20 SEC	TAG 16	2 MIN
TAG 2	20 SEC	TAG 17	2 MIN
TAG 3	30 SEC	TAG 18	2 MIN 30 SEC
TAG 4	30 SEC	TAG 19	PAUSE
TAG 5	40 SEC	TAG 20	2 MIN 30 SEC
TAG 6	PAUSE	TAG 21	2 MIN 30 SEC
TAG 7	45 SEC	TAG 22	3 MIN
TAG 8	45 SEC	TAG 23	3 MIN
TAG 9	1 MIN	TAG 24	3 MIN 30 SEC
TAG 10	1 MIN	TAG 25	3 MIN 30 SEC
TAG 11	1 MIN	TAG 26	PAUSE
TAG 12	1 MIN 30 SEC	TAG 27	4 MIN
TAG 13	PAUSE	TAG 28	4 MIN
TAG 14	1 MIN 40 SEC	TAG 29	4 MIN 30 SEC
TAG 15	1 MIN 50 SEC	TAG 30	5 MIN



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