

30 DAYS PLANK-CHALLENGE



Stay fit and improve your basic body tension with our Plank-Challenge. You can record the seconds in the overview and visibly measure your progress.

WEEK 1

Monday:



_____ sec

Tuesday:



_____ sec

Wednesday:



_____ sec

Thursday:



_____ sec

Friday:



_____ sec

Saturday:



_____ sec

Sunday:



_____ sec

WEEK 2

Monday:



_____ sec

Tuesday:



_____ sec

Wednesday:



_____ sec

Thursday:



_____ sec

Friday:



_____ sec

Saturday:



_____ sec

Sunday:



_____ sec

WEEK 3

Monday:



_____ sec

Tuesday:



_____ sec

Wednesday:



_____ sec

Thursday:



_____ sec

Friday:



_____ sec

Saturday:



_____ sec

Sunday:



_____ sec

WEEK 4

Monday:



_____ sec

Tuesday:



_____ sec

Wednesday:



_____ sec

Thursday:



_____ sec

Friday:



_____ sec

Saturday:



_____ sec

Sunday:



_____ sec

