



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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NOVEMBER 2018 "PLANKS" GIVING CHALLENGE

E = Easy I = Intermediate X = Extreme						1 E = 15 Sec Plank I = 20 Sec Plank X = 30 Sec Plank		2 E = 15 Sec Plank I = 20 Sec Plank X = 30 Sec Plank		3 E = 20 Sec Plank I = 35 Sec Plank X = 30 Sec Plank	
						Total for the day		Total for the day		Total for the day	
4 REST DAY	5 E = 20 Sec Plank I = 30 Sec Plank X = 40 Sec Plank	6 E = 25 Sec Plank I = 35 Sec Plank X = 45 Sec Plank	E	7 E = 25 Sec Plank I = 40 Sec Plank X = 50 Sec Plank	8 E = 30 Sec Plank I = 45 Sec Plank X = 55 Sec Plank	9 E = 30 Sec Plank I = 50 Sec Plank X = 60 Sec Plank	10 E = 35 Sec Plank I = 60 Sec Plank X = 70 Sec Plank	Total for the day		Total for the day	
11 REST DAY	12 E = 35 Sec Plank I = 60 Sec Plank X = 75 Sec Plank	13 E = 40 Sec Plank I = 70 Sec Plank X = 85 Sec Plank	E	14 E = 40 Sec Plank I = 75 Sec Plank X = 90 Sec Plank	15 E = 45 Sec Plank I = 80 Sec Plank X = 100 Sec Plank	16 E = 50 Sec Plank I = 80 Sec Plank X = 110 Sec Plank	17 E = 55 Sec Plank I = 90 Sec Plank X = 120 Sec Plank	Total for the day		Total for the day	
18 REST DAY	19 E = 60 Sec Plank I = 95 Sec Plank X = 140 Sec Plank	20 E = 60 Sec Plank I = 105 Sec Plank X = 150 Sec Plank	E	21 E = 65 Sec Plank I = 105 Sec Plank X = 150 Sec Plank	22 REST DAY	23 E = 70 Sec Plank I = 110 Sec Plank X = 175 Sec Plank	24 E = 75 Sec Plank I = 120 Sec Plank X = 185 Sec Plank	Total for the day		Total for the day	
25 REST DAY	26 E = 80 Sec Plank I = 120 Sec Plank X = 195 Sec Plank	27 E = 85 Sec Plank I = 135 Sec Plank X = 210 Sec Plank	E	28 E = 85 Sec Plank I = 150 Sec Plank X = 240 Sec Plank	29 E = 90 Sec Plank I = 165 Sec Plank X = 270 Sec Plank	30 E = 90 Sec Plank I = 180 Sec Plank X = 300 Sec Plank	Total for the day		Total for the day		

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Notes: These challenges are designed to be above and beyond what we do at boot camp. Go at your own pace and listen to your body. If you can't do it all, do fewer reps or break them up throughout the day. If it is not challenging enough increase the rep count or do a 2nd round. You can start the challenge on any day that you want. You can change up the variations of the Planks you can do a regular plank, a pillar, side planks, plank jacks, hip dip planks, shoulder tap planks, etc.