



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER 2019 "PLANKS" GIVING CHALLENGE						
					1 E = 15 Sec Plank I = 20 Sec Plank X = 30 Sec Plank Total for the day	2 E = 20 Sec Plank I = 35 Sec Plank X = 30 Sec Plank Total for the day
3 REST DAY	4 E = 20 Sec Plank I = 30 Sec Plank X = 40 Sec Plank Total for the day	5 E = 25 Sec Plank I = 35 Sec Plank X = 45 Sec Plank Total for the day	6 E = 25 Sec Plank I = 40 Sec Plank X = 50 Sec Plank Total for the day	7 E = 30 Sec Plank I = 45 Sec Plank X = 55 Sec Plank Total for the day	8 E = 30 Sec Plank I = 50 Sec Plank X = 60 Sec Plank Total for the day	9 E = 35 Sec Plank I = 60 Sec Plank X = 70 Sec Plank Total for the day
10 REST DAY	11 E = 35 Sec Plank I = 60 Sec Plank X = 75 Sec Plank Total for the day	12 E = 40 Sec Plank I = 70 Sec Plank X = 85 Sec Plank Total for the day	13 E = 40 Sec Plank I = 75 Sec Plank X = 90 Sec Plank Total for the day	14 E = 45 Sec Plank I = 80 Sec Plank X = 100 Sec Plank Total for the day	15 E = 50 Sec Plank I = 80 Sec Plank X = 110 Sec Plank Total for the day	16 E = 55 Sec Plank I = 90 Sec Plank X = 120 Sec Plank Total for the day
17 REST DAY	18 E = 60 Sec Plank I = 95 Sec Plank X = 140 Sec Plank Total for the day	19 E = 60 Sec Plank I = 105 Sec Plank X = 150 Sec Plank Total for the day	20 E = 65 Sec Plank I = 105 Sec Plank X = 150 Sec Plank Total for the day	21 REST DAY ALL DAY	22 E = 70 Sec Plank I = 110 Sec Plank X = 175 Sec Plank Total for the day	23 E = 75 Sec Plank I = 120 Sec Plank X = 185 Sec Plank Total for the day
24 REST DAY	25 E = 75 Sec Plank I = 120 Sec Plank X = 185 Sec Plank Total for the day	26 E = 80 Sec Plank I = 120 Sec Plank X = 195 Sec Plank Total for the day	27 E = 85 Sec Plank I = 135 Sec Plank X = 210 Sec Plank Total for the day	28 E = 85 Sec Plank I = 150 Sec Plank X = 240 Sec Plank Total for the day	29 E = 90 Sec Plank I = 165 Sec Plank X = 270 Sec Plank Total for the day	30 E = 90 Sec Plank I = 180 Sec Plank X = 300 Sec Plank Total for the day

www.getyouinshape.com

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.