



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER 2023 "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 = 30 Sec Plank X = 40 Sec Plank	4 E = 20 Sec Plank I = 30 Sec Plank X = 40 Sec Plank
5 REST DAY	6 E = 25 Sec Plank I = 35 Sec Plank X = 45 Sec Plank	7 E = 25 Sec Plank I = 35 Sec Plank X = 45 Sec Plank	8 E = 30 Sec Plank I = 40 Sec Plank X = 50 Sec Plank	9 E = 30 Sec Plank I = 40 Sec Plank X = 50 Sec Plank	10 E = 35 Sec Plank I = 45 Sec Plank X = 55 Sec Plank	11 E = 35 Sec Plank I = 45 Sec Plank X = 55 Sec Plank
12 REST DAY	13 E = 40 Sec Plank I = 50 Sec Plank X = 60 Sec Plank	14 E = 40 Sec Plank I = 50 Sec Plank X = 60 Sec Plank	15 E = 45 Sec Plank I = 55 Sec Plank X = 65 Sec Plank	16 E = 45 Sec Plank I = 55 Sec Plank X = 65 Sec Plank	17 E = 50 Sec Plank I = 60 Sec Plank X = 70 Sec Plank	18 E = 50 Sec Plank I = 60 Sec Plank X = 70 Sec Plank
19 REST DAY	20 E = 55 Sec Plank I = 65 Sec Plank X = 75 Sec Plank	21 E = 55 Sec Plank I = 65 Sec Plank X = 75 Sec Plank	22 E = 60 Sec Plank I = 70 Sec Plank X = 80 Sec Plank	23 REST DAY	24 E = 60 Sec Plank I = 70 Sec Plank X = 80 Sec Plank	25 E = 65 Sec Plank I = 75 Sec Plank X = 85 Sec Plank
26 REST DAY	27 E = 65 Sec Plank I = 75 Sec Plank X = 85 Sec Plank	28 E = 70 Sec Plank I = 80 Sec Plank X = 90 Sec Plank	29 E = 70 Sec Plank I = 80 Sec Plank X = 90 Sec Plank	30 E = 75 Sec Plank I = 85 Sec Plank X = 95 Sec Plank		

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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.