

## **CITYLINE 30-DAY PLANK CHALLENGE**

Day 1: 15 seconds

Day 2: 20 seconds

Day 3: 25 seconds

Day 4: 30 seconds

Day 5: 35 seconds

Day 6: 40 seconds

Day 7: 45 seconds

Day 8: 50 seconds

Day 9: 55 seconds

Day 10: 60 seconds

Day 11: 65 seconds

Day 12: 70 seconds

Day 13: 75 seconds

Day 14: 80 seconds

Day 15: 85 seconds

Day 16: 90 seconds

Day 17: 95 seconds

Day 18: 100 seconds

Day 19: 105 seconds

Day 20: 110 seconds

Day 21: 115 seconds

Day 22: 120 seconds

Day 23: 125 seconds

Day 24: 130 seconds

Day 25: 135 seconds

Day 26: 140 seconds

Day 27: 145 seconds

Day 28: 150 seconds

Day 29: 155 seconds

Day 30: 160 seconds