



30-DAY Push-up, Crunch, & Plank Challenge

Days	Push-ups	Crunches	Plank	Left & Right Side Plank	Up/Down Plank	Reverse Plank
1	50	100	5 sec	5 sec each	5 sec each	5 sec each
2	50	100	5 sec	5 sec each	5 sec each	5 sec each
3	50	100	10 sec	10 sec each	10 sec	10 sec
4	50	100	10 sec	10 sec each	10 sec	10 sec
5	OFF	OFF	OFF	OFF	OFF	OFF
6	50	100	15 sec	15 sec each	15 sec	15 sec
7	50	100	15 sec	15 sec each	15 sec	15 sec
8	OFF	OFF	OFF	OFF	OFF	OFF
9	50	100	20 sec	20 sec each	20 sec	20 sec
10	50	100	20 sec	20 sec each	20 sec	20 sec
11	50	100	25 sec	25 sec each	25 sec	25 sec
12	50	100	25 sec	25 sec each	25 sec	25 sec
13	OFF	OFF	OFF	OFF	OFF	OFF
14	50	100	30 sec	30 sec each	30 sec	30 sec
15	50	100	30 sec	30 sec each	30 sec	30 sec
16	OFF	OFF	OFF	OFF	OFF	OFF
17	50	100	35 sec	35 sec each	35 sec	35 sec
18	50	100	35 sec	35 sec each	35 sec	35 sec
19	50	100	40 sec	40 sec each	40 sec	40 sec
20	50	100	40 sec	40 sec each	40 sec	40 sec
21	OFF	OFF	OFF	OFF	OFF	OFF
22	50	100	45 sec	45 sec each	45 sec	45 sec
23	50	100	45 sec	45 sec each	45 sec	45 sec
24	50	100	50 sec	50 sec each	50 sec	50 sec
25	50	100	50 sec	50 sec each	50 sec	50 sec
26	OFF	OFF	OFF	OFF	OFF	OFF
27	50	100	55 sec	55 sec each	55 sec	55 sec
28	50	100	55 sec	55 sec each	55 sec	55 sec
29	50	100	60 sec	60 sec each	60 sec	60 sec
30	50	100	60 sec	60 sec each	60 sec	60 sec