

30 Day Plank

Fat Burning Challenge

Day 1: 15 seconds
Day 2: 15 seconds
Day 3: 15 seconds
Day 4: 20 seconds
Day 5: 20 seconds
Day 6: 25 seconds
Day 7: 25 seconds
Day 8: 25 seconds
Day 9: 30 seconds
Day 10: 30 seconds

Day 11: 30 seconds
Day 12: 35 seconds
Day 13: 35 seconds
Day 14: 35 seconds
Day 15: 40 seconds
Day 16: 40 seconds
Day 17: 45 seconds
Day 18: 45 seconds
Day 19: 50 seconds
Day 20: 50 seconds



30 Day Fat Burner Diet

SB Merriam



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