



April's "Rocking the Plank" Challenge



SUNDAY				1 20 Sec Plank	2 20 Sec Plank	SATURDAY
SUNDAY	5 30 Sec Plank	6 30 Sec Plank	7 REST	8 40 Sec Plank	9 40 Sec Plank	SATURDAY
SUNDAY	12 45 Sec Plank	13 Rest	14 50 Sec Plank	15 1 Min Plank	16 1 Min 10 Sec Plank	SATURDAY
SUNDAY	19 1 Min 20 Sec Plank	20 1 Min 30 Sec Plank	21 REST	22 1 Min 30 Sec Plank	23 1 Min 40 Sec Plank	SATURDAY
SUNDAY	26 1 Min 50 Sec Plank	27 1 Min 50 Sec Plank	25 1 Min 55 Sec Plank	29 REST	30 2 Min Plank	SATURDAY