

30-Day Plank & Push-Up Challenge

from the 30-Day Challenge Series & Eat, Drink & be Skinny!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 1 Plank Benchmark Test Level: 1 2 3 --- Min --- Sec	Day 2 Push-up Benchmark Test Type: Knee Toe --- # Push-ups	Day 3 Plank ≥ Benchmark Level: 1 2 3 --- Min --- Sec	Day 4 Push-up ≥ Benchmark Type: Knee Toe --- # Push-ups	Day 5 Plank ≥ Benchmark Level: 1 2 3 --- Min --- Sec	Day 6 Push-up ≥ Benchmark Type: Knee Toe --- # Push-ups	Day 7 Challengers Choice Rest Test Repeat -----
Day 8 Plank ≥ Benchmark+30 Level: 1 2 3 --- Min --- Sec	Day 9 Push-up ≥ Benchmark+15 Type: Knee Toe --- # Push-ups	Day 10 Plank ≥ Benchmark+30 Level: 1 2 3 --- Min --- Sec	Day 11 Push-up ≥ Benchmark+15 Type: Knee Toe --- # Push-ups	Day 12 Plank ≥ Benchmark+30 Level: 1 2 3 --- Min --- Sec	Day 13 Push-up ≥ Benchmark+15 Type: Knee Toe --- # Push-ups	Day 14 Challengers Choice Rest Test Repeat -----
Day 15 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 16 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 17 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 18 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 19 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 20 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 21 Challengers Choice Rest Test Repeat -----
Day 22 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 23 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 24 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 25 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 26 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 27 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 28 Challengers Choice Rest Test Repeat -----
Day 29 Plank Final Test Level: 1 2 3 --- Min --- Sec	Day 30 Push-up Final Test Type: Knee Toe --- # Push-ups	Starting Measurements: bust _____ waist _____ abdomen _____ hips _____ Final Measurements: bust _____ waist _____ abdomen _____ hips _____ Visit www.facebook.com/30daychallengeseries & www.eatdrinkandbeskinny.com for more details inspiration!				