

# 30-Day Plank & Push-Up Challenge

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

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