



PLANKSGIVING CHALLENGE



GIVE THANKS AND PLANKS

Day 1: 20s

Day 2: 25s

Day 3: 30s

Day 4: 35s

Day 5: REST

Day 6: 40s

Day 7: 45s

Day 8: 50s

Day 9: 55s

Day 10: REST

Day 11: 1m 10s

Day 12: 1 m 20s

Day 13: 1m 25s

Day 14: 1m 30s

Day 15: REST

Day 16: 1m 35s

Day 17: 1m 40s

Day 18: 1m 45s

Day 19: 1m 50s

Day 20: REST

Day 21: 1m 55s

Day 22: 2m

Day 23: 2m 10s

Day 24: 2m 20s

Day 25: REST

Day 26: 2m 25s

Day 27: 2m 30s

Day 28: GIVE THANKS!

