

30 day Challenge

プランク

Let's get started!

♡ Day 1 00:20

♡ Day 2 00:20

♡ Day 3 00:30

♡ Day 4 00:40

♡ Day 5 00:40

♡ Day 6 Rest day

♡ Day 7 00:45

♡ Day 8 00:45

♡ Day 9 00:60

♡ Day 10 01:00

♡ Day 11 01:00

♡ Day 12 01:30

♡ Day 13 Rest day

♡ Day 14 01:30

♡ Day 15 01:30

♡ Day 16 02:00

♡ Day 17 02:00

♡ Day 18 02:30

♡ Day 19 Rest day

♡ Day 20 02:30

♡ Day 21 02:30

♡ Day 22 03:00

♡ Day 23 03:00

♡ Day 24 03:30

♡ Day 25 03:30

♡ Day 26 Rest day

♡ Day 27 04:00

♡ Day 28 04:00

♡ Day 29 04:30

♡ Day 30 05:00