



LauraLynn

IRELAND'S CHILDREN'S HOSPICE

HOLD STRONG FOR LAURALYNN



30-DAY PLANK CHALLENGE

| | | |
|----------------|----------------|----------------|
| Day 1: 30s | Day 11: 1m 30s | Day 21: 2m 25s |
| Day 2: 30s | Day 12: Rest | Day 22: 2m 30s |
| Day 3: 45s | Day 13: 1m 40s | Day 23: Rest |
| Day 4: 45s | Day 14: 1m 45s | Day 24: 2m 35s |
| Day 5: 1m | Day 15: 2m | Day 25: 2m 40s |
| Day 6: Rest | Day 16: 2m 5s | Day 26: 2m 45s |
| Day 7: 1m | Day 17: Rest | Day 27: 2m 50s |
| Day 8: 1m 10s | Day 18: 2m 10s | Day 28: Rest |
| Day 9: 1m 15s | Day 19: 2m 15s | Day 29: 2m 55s |
| Day 10: 1m 25s | Day 20: 2m 20s | Day 30: 3m |