

# SIGMA WELLNESS — Happy Planksgiving!

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## 30 Days of Planks And Thanks!



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
30 SECS	40 SECS	40 SECS	45 SECS	REST
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
50 SECS	55 SECS	55 SECS	60 SECS	REST
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
1 MIN 10 SECS	1 MIN 10 SECS	1 MIN 20 SECS	1 MIN 30 SECS	REST
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
1 MIN 30 SECS	1 MIN 40 SECS	1 MIN 40 SECS	1 MIN 45 SECS	REST
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
1 MIN 55 SECS	1 MIN 55 SECS	2 MIN 10 SECS	2 MIN 10 SECS	REST
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
2 MIN 25 SECS	2 MIN 25 SECS	2 MIN 40 SECS	2 MIN 55 SECS	3 MIN