

30 DAY TUMMY TONING CHALLENGE

Day 1 - 10sec plank on elbows & knees / 5inch worm burpees

Day 2 - 12sec plank on elbows & knees / 6inch worm burpees

Day 3 - 15sec plank on elbows & knees / 7inch worm burpees

Day 4 - 20sec plank on elbows & knees / 8inch worm burpees

Day 5 - 22sec plank on elbows & knees / 9inch worm burpees

Day 6 - 25sec plank on elbows & knees / 10inch worm burpees

Day 7 - 30sec plank on elbows & knees / 11inch worm burpees

Day 8 - Rest

Day 9 - 12sec plank on elbows & toes / 6 full burpees

Day 10 - 15sec plank on elbows & toes / 7 full burpees

Day 11 - 20sec plank on elbows & toes / 8 full burpees

Day 12 - 22sec plank on elbows & toes / 9 full burpees

Day 13 - 25sec plank on elbows & toes / 10 full burpees

Day 14 - 30sec plank on elbows & toes / 11 full burpees

Day 15 - Rest



Day 16 - 12sec plank on hands & toes / 6 burpees with a press up

Day 17 - 15sec plank on hands & toes / 7 burpees with a press up

Day 18 - 20sec plank on hands & toes / 8 burpees with a press up

Day 19 - 22sec plank on hands & toes / 9 burpees with a press up

Day 20 - 25sec plank on hands & toes / 10 burpees with a press up

Day 21 - 30sec plank on hands & toes / 11 burpees with a press up

Day 22 - Rest

Day 23 - 35sec plank on hands & toes / 13 burpees with a press up

Day 24 - 40sec plank on hands & toes / 14 burpees with a press up

Day 25 - 42sec plank on hands & toes / 15 burpees with a press up

Day 26 - 45sec plank on hands & toes / 16 burpees with a press up

Day 27 - 50sec plank on hands & toes / 17 burpees with a press up

Day 28 - 52sec plank on hands & toes / 18 burpees with a press up

Day 29 - Rest

Day 30 - 60sec plank on hands & toes / 20 burpees with a press up

Tone your tum in time for summer!