



Burn The Bird: Plank Challenge

20-Seconds 1	30-Seconds 2	30-Seconds 3	40-Seconds 4	40-Seconds 5	Rest Day 6
50-Seconds 7	50-Seconds 8	60-Seconds 9	60-Seconds 10	70-Seconds 11	70-Seconds 12
Rest Day 13	80-Seconds 14	40-Seconds 15	90-Seconds 16	90-Seconds 17	45-Seconds 18
100-Seconds 19	Rest Day 20	60-Seconds 21	120-Seconds 22	120-Seconds 23	70-Seconds 24
130-Seconds 25	130-Seconds 26	Rest Day 27	80-Seconds 28	150-Seconds 29	180 Seconds 30

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20-Second Forearm Plank 1	30-Second Forearm Plank 2	30-Second High Plank 3	40-Second Forearm Plank 4	40-Second High Plank 5	Rest Day 6
50-Second Forearm Plank 7	50-Second High Plank 8	60-Second Forearm Plank 9	60-Second High Plank 10	70-Second Foreman Plank 11	70-Second High Plank 12
Rest Day 13	80-Second Forearm Plank 14	40-Second Side Plank - Right 40-Second Side Plank - Left 15	90-Second Forearm Plank 16	90-Second High Plank 17	45-Second Side Plank - Right 45-Second Side Plank - Left 18
100-Second Forearm Plank 19	Rest Day 20	60-Second Side Plank - Right 60-Second Side Plank - Left 21	120-Second Forearm Plank 22	120-Second High Plank 23	70-Second Side Plank - Right 70-Second Side Plank - Left 24
130-Second Forearm Plank 25	130-Second High Plank 26	Rest Day 27	80-Second Side Plank - Right 80-Second Side Plank - Left 28	150-Second Forearm Plank 29	180 Second Forearm Plank 30