

21 Day Plank Challenge!

June 2016

Peacock Tree Yoga

1 MONDAY 16/05/2016	30s	8 MONDAY 23/05/2016	1m 20s	15 MONDAY 30/05/2016	2m 10s
	tick		✓		tick
2 TUESDAY 17/05/2016	40s	9 TUESDAY 24/05/2016	1m 30s	16 TUESDAY 31/05/2016	2m 20s
	tick				tick
3 WEDNESDAY 18/05/2016	50s	10 WEDNESDAY 25/05/2016	1m 40s	17 WEDNESDAY 01/06/2016	2m 30s
	tick				tick
4 THURSDAY 19/05/2016	1m	11 THURSDAY 26/05/2016	1m 50s	18 THURSDAY 02/06/2016	2m 40s
	tick				tick
5 FRIDAY 20/05/2016	REST DAY		12 FRIDAY 27/05/2016	REST DAY	
6 SATURDAY 21/05/2016	1m	13 SATURDAY 28/05/2016	1m 50s	20 SATURDAY 04/06/2016	YOGA YIN YANG!
	tick				tick
7 SUNDAY 22/05/2016	1m10s	14 SUNDAY 29/05/2016	2m	21 SUNDAY 05/06/2016	3 minutes!
	tick				tick