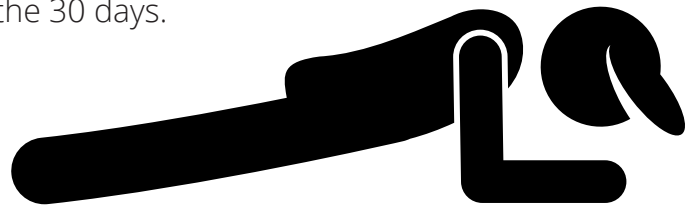


RISE TO THE CHALLENGE

30 DAY Plank Challenge.

Perform the elbow plank exercise each day.

This exercise is great for your core and also helps to improve shoulder strength and stability. Focus on form and build up to holding this position for 2 minutes over the 30 days.



10 SEC 1	20 SEC 2	25 SEC 3	25 SEC 4	30 SEC 5	REST 6	30 SEC 7
35 SEC 8	35 SEC 9	40 SEC 10	40 SEC 11	REST 12	45 SEC 13	45 SEC 14
50 SEC 15	50 SEC 16	55 SEC 17	REST 18	55 SEC 19	60 SEC 20	60 SEC 21
1.10 MIN 22	1.20 MIN 23	REST 24	1.30 MIN 25	1.30 MIN 26	1.40 MIN 27	1.50 MIN 28
2 MIN 29	2 MIN 30					

WELL DONE. Challenge completed.



HealthbyDesign