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	20 SEC 2	25 SEC 3	25 SEC	30 SEC 5	REST 6	30 SEC
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	55 SEC 17	REST 18	55 SEC 19	60 SEC 20	60 SEC 21
1.10 MIN	1.20 MIN	REST	1.30 MIN	1.30 MIN	1.40 MIN	1.50 MIN 28
2 MIN 29	2 MIN 30	WELL D	ONE. Ch	allenge	compl	eted.

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