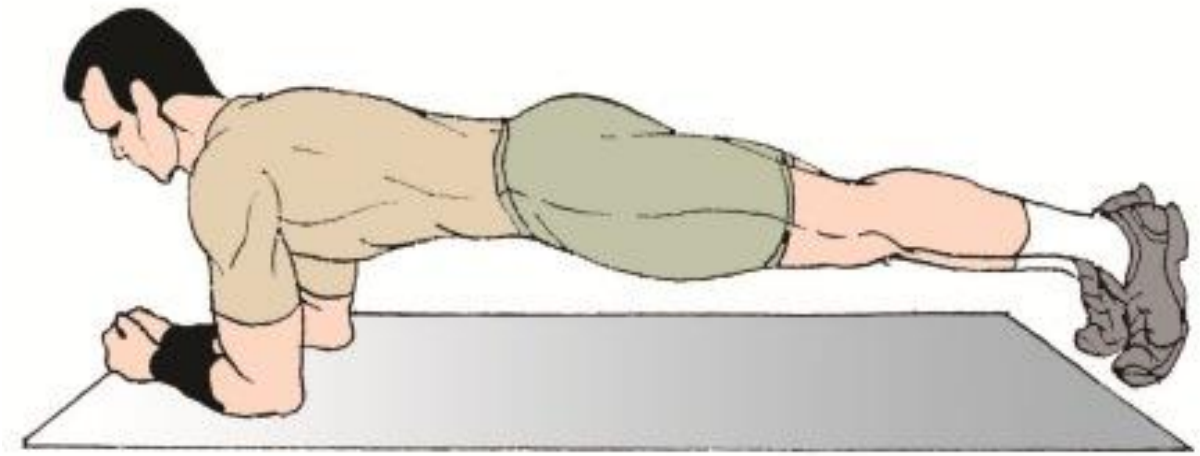
30 Day Plank Challenge

See how long you can do the plank for in 30 days. Start with 1 second and add 1 second each day until you get to the 30th Day (30 seconds).

Demonstration on second page.

Good luck!

Day:	Number: