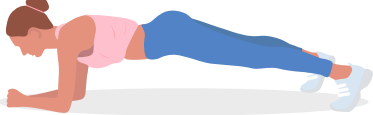
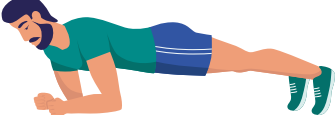
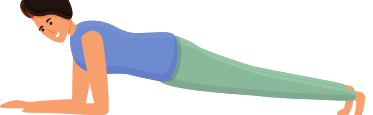



JANUARY 2023

30 DAY PLANK CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 seconds ¹	20 seconds ²	30 seconds ³	30 seconds ⁴	40 seconds ⁵	Rest Day ⁶	45 seconds ⁷
45 seconds ⁸	1 minute ⁹	1 minute ¹⁰	1 minute ¹¹	1.5 minutes ¹²	Rest Day ¹³	1.5 minutes ¹⁴
1.5 minutes ¹⁵	2 minutes ¹⁶	2 minutes ¹⁷	2.5 minutes ¹⁸	Rest Day ¹⁹	2.5 minutes ²⁰	2.5 minutes ²¹
3 minutes ²²	3 minutes ²³	3.5 minutes ²⁴	3.5 minutes ²⁵	Rest Day ²⁶	4 minutes ²⁷	4 minutes ²⁸
4.5 minutes ²⁹	5 minutes ³⁰	You Did It! ³¹				

Randolph-Asheboro YMCA