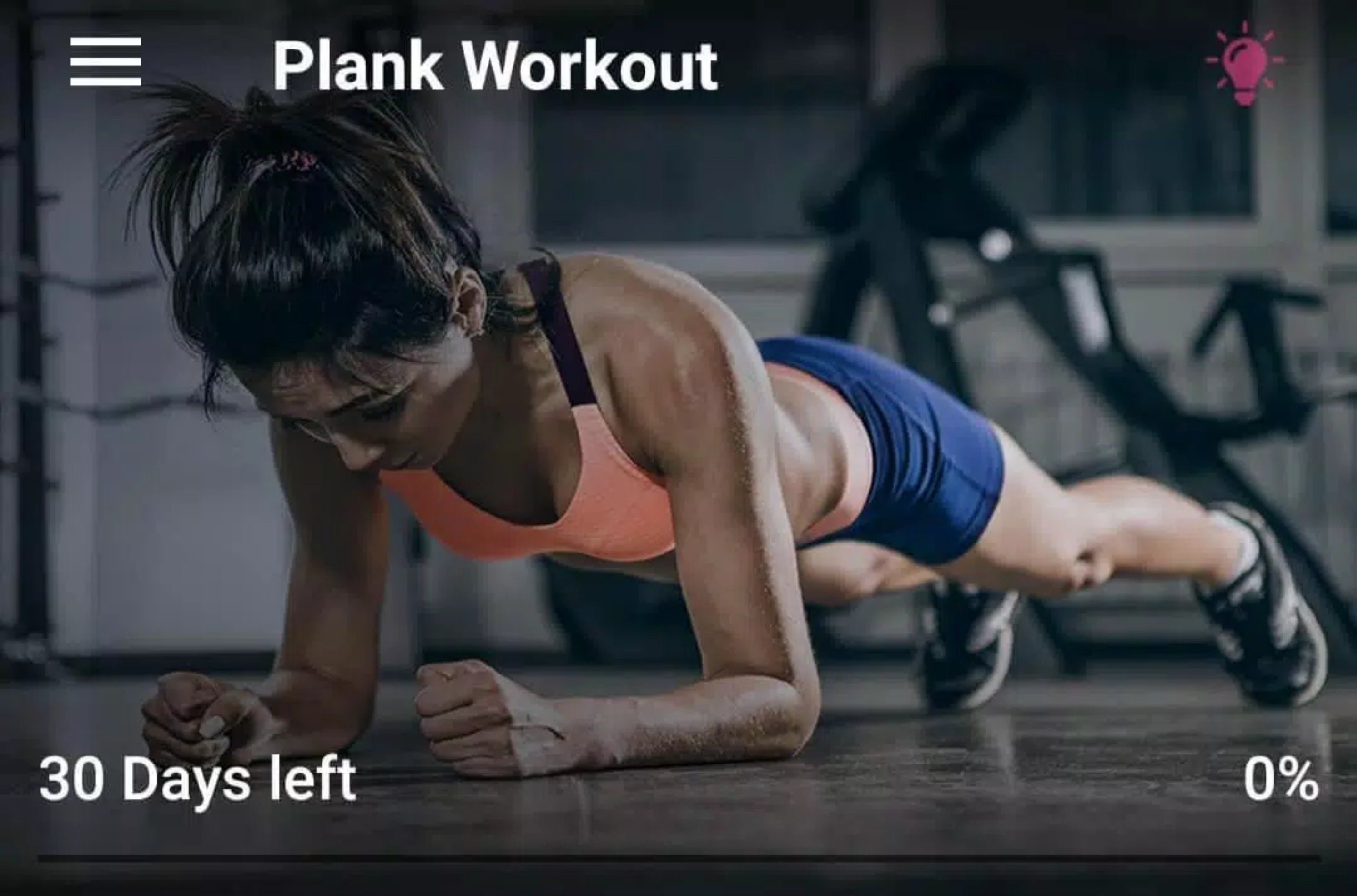
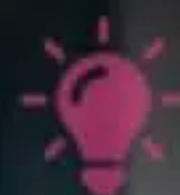




Plank Workout



30 Days left

0%

Day 1

0% 

Day 2

0% 

Day 3

0% 

Rest Day



Day 5

0% 

Day 6

0% 

Day 7

0% 

Rest Day



Day 9

0% 

Day 10

0% 

Day 11

0% 

Rest Day



Day 13

0% 

Day 14

0% 

Day 15

0% 

Rest Day

Day 17

Day 18