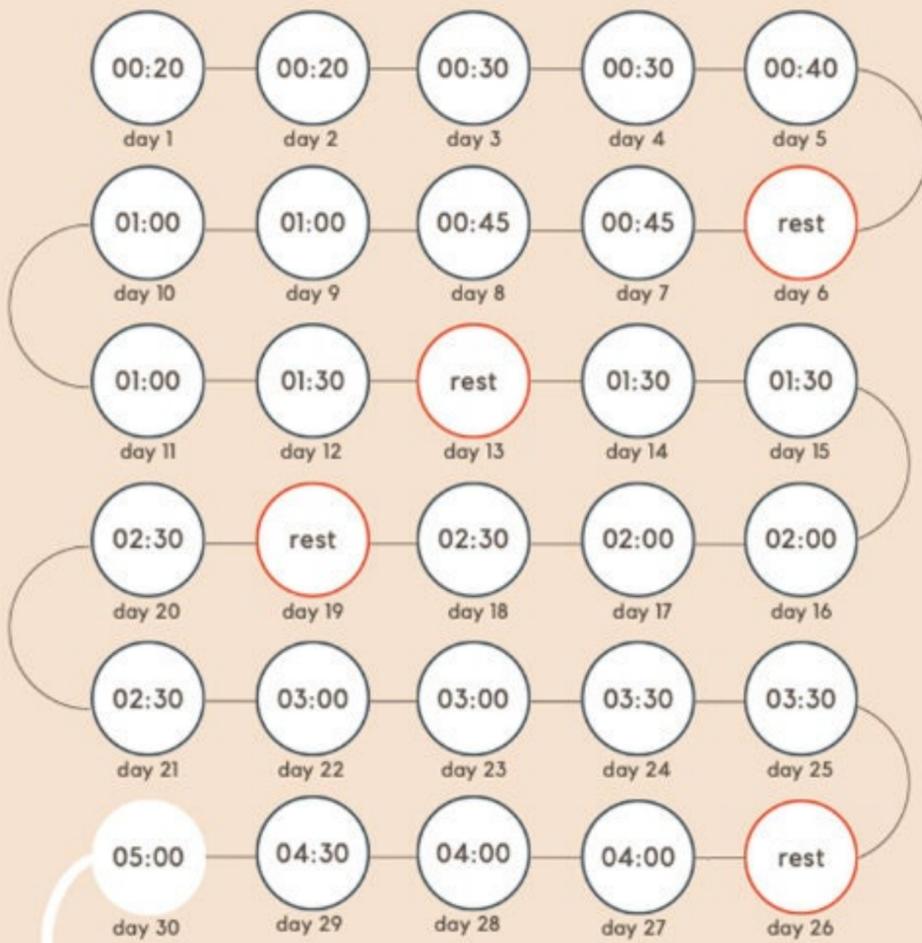


# 30 DAY PLANK CHALLENGE

Challenge guide

Self-fill sheet

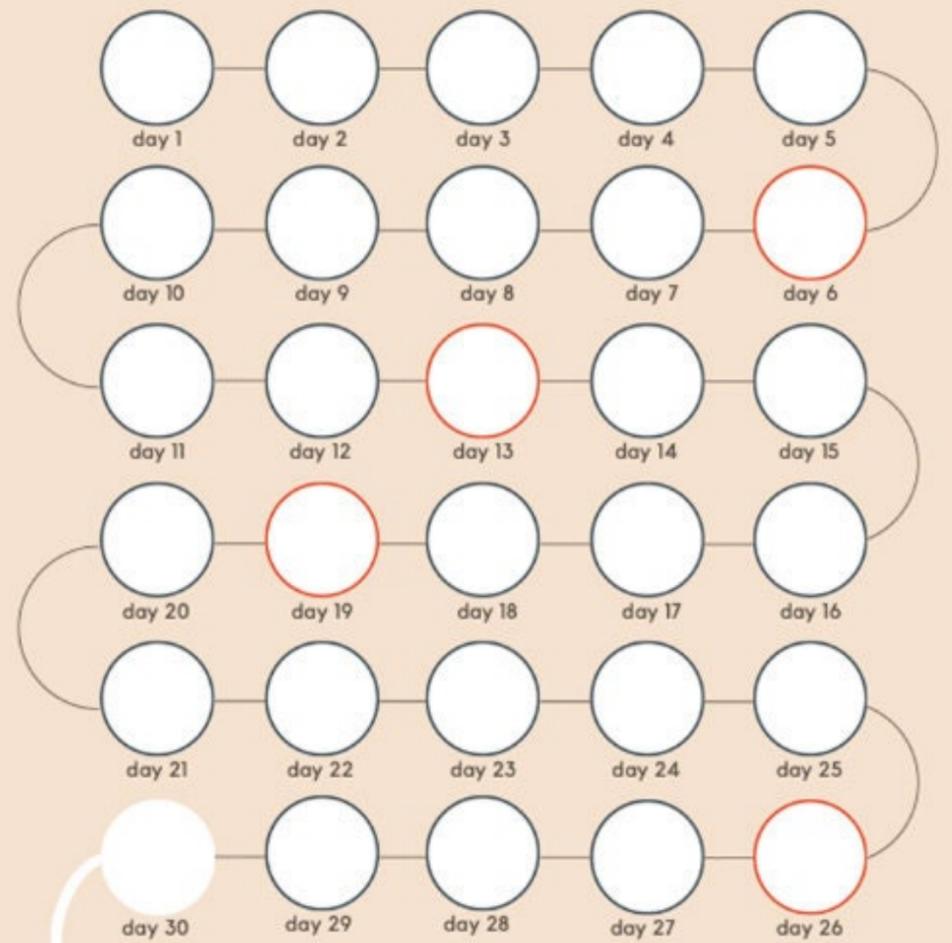
## 30 DAY plank challenge



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