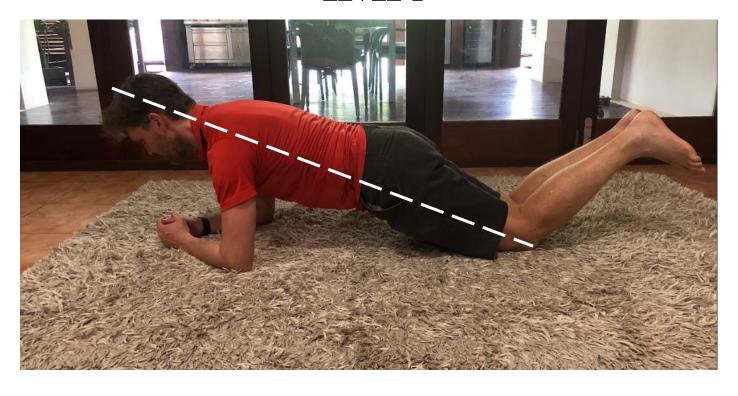
# HOVER

#### LEVEL 1

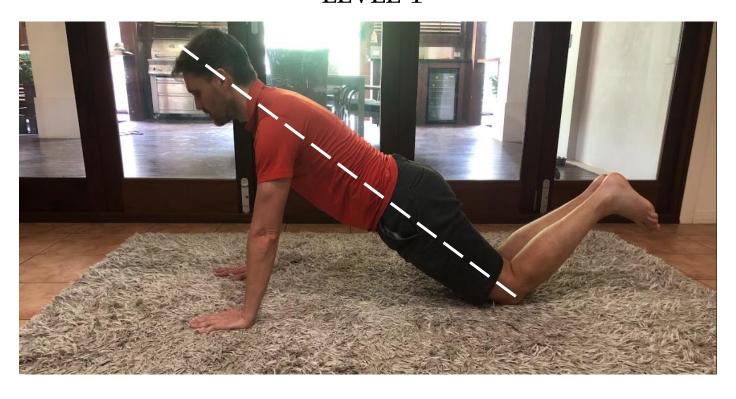


#### LEVEL 2



# **PLANK**

#### LEVEL 1



LEVEL 2



## February Challenge One Minute Plank or Hover



## How to participate

- 1. Simply add your name to the board (alternate red/black)
- 2. Perform one unbroken plank or hover in one minute each day you're in
- 3. Give yourself a mark  $\times$  for that week
- 4. Achieve as many marks XXXX per week (max seven) and weeks per month
- 5. Practice discipline and be proud of your progress

### Rules

- 1. One mark per day
- 2. Body must be straight no bottoms' up or sagging
- 3. Perform Level 1 if you aren't ready for Level 2
- 4. If you can do Level 2, you must do Level 2
- 5. Perform under supervision from either Pete, Bec, Justin, Amy, Tam, Jane, or Kyle
- 6. If no supervision is possible, you may complete under honesty