

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 X 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