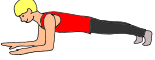



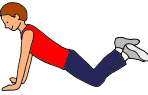




Can you get better each day?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>how long Can you plank for?</p>							
 <p>how long can you be a tree?</p>							
 <p>how many wall Push Ups</p>							
 <p>how many left leg hops?</p>							
 <p>how many floor push ups can you do?</p>							
 <p>how long can you do fast elbow to knees.</p>							
 <p>how many burpees can you do?</p>							