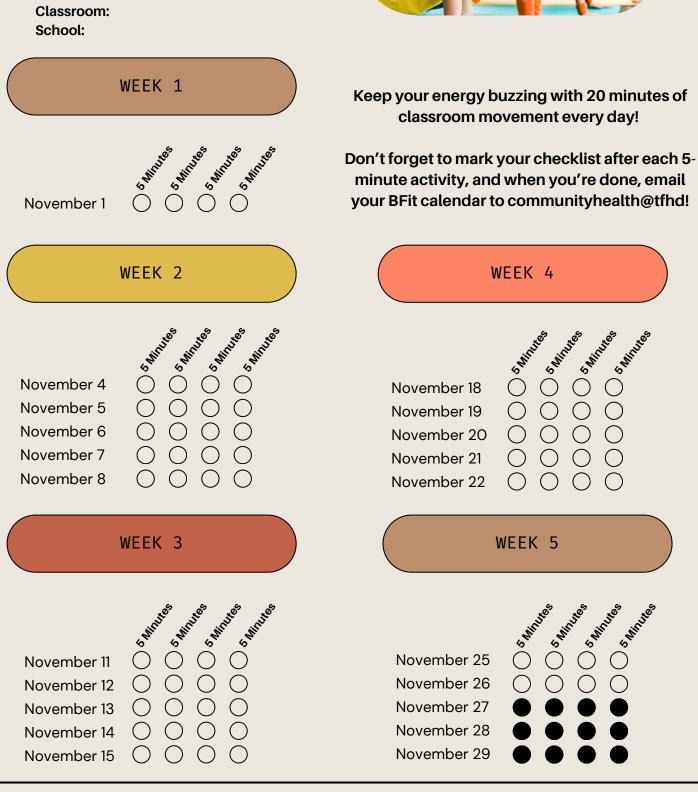
## PLANKS NOVEMBER BFIT





Planks increase your core strength and help improve balance and stability throughout your entire body.

Scan the QR Code to discover a fun plank challenge!

