

PINK PLANK CHALLENGE



A strong core helps shield against injury, improve back (and possibly even knee) pain and improves posture.

The plank is one of the best exercises to strengthen your core. Tighten your torso and improve your strength with a plank challenge.



Send a picture to sjcwellness@sjcfl.us of you planking while wearing pink to support breast cancer awareness. You'll be entered into a raffle for 1 of 4 high density exercise mats with carry strap and towel!

