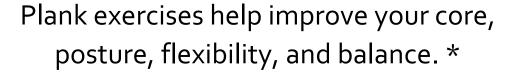


LIVE YOUR WHY

Afterschool Edition





*lifehack.org/292578/7-things-that-will-happen-when-you-do-planking-exercise-every-day



Try these planking exercises:

20 Plank Exercise Variations - Moves For A Plank Workout



Scan this:





youtube.com/watch?v=bHOteDDCrLs

