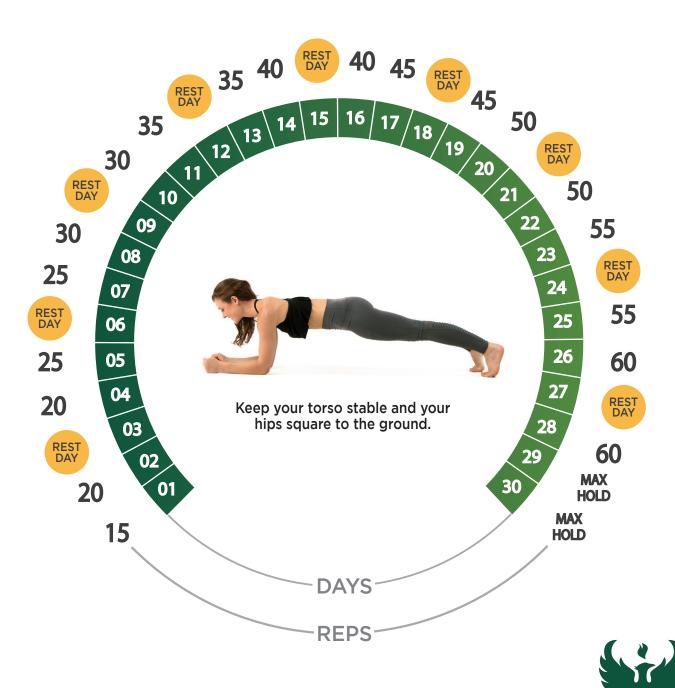
30 DAYS OF PLANKS

If you want to start living a healthier life, a little movement goes a long way. Commit to 30 days of planks to build a solid connection between your shoulders, hips, and torso.

New 30 day challenges offered each month!



UNIVERSITY of WISCONSIN GREEN BAY

