



THE KVYMCA PLANK CHALLENGE

FOR THE STRONG KIDS ANNUAL CAMPAIGN

Help us raise \$2,500 in financial assistance for memberships and program scholarships.

Standing



Full



Elbow



Raised—Leg



Side



THE RULES

1. Post on your facebook page.
2. Post a plank pose video or picture of you or a group.
3. Challenge and tag 3 people and the KVYMCA to take THE KVYMCA PLANK CHALLENGE within 24 hrs.
4. Post #YStrongKidsPlank
5. Donate at kvymca.org/donate-now-2/
6. Copy & paste these instructions when you challenge.

*Plank pose and the duration is your choice. Please be safe in how and where you plank.

Together, we can build a better us.

Starts Sept. 6th as a part of KVYMCA's Strong Kids Month.