

EJM Monthly Challenge

October: Core Strength

Use this tracker to tick off each day that you complete the challenge!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Don't forget to share your progress and tag us @ejmhorsebackarchery!		

Top Tip!



Try varying the planks that you do, you can try planks on your elbows, your hands, a wall plank or even a side plank!