



WORLD DIGITAL DETOX DAY GYM CHALLENGE



GET READY TO SWEAT!

***PUSH YOUR LIMITS IN THE
PUSHUP & PLANK BATTLE!***

**WINNING CRITERIA
MAXIMUM REPS &
LONGER HOLD TIME**



PUSH UP CHALLENGE FOR MEN



PLANK CHALLENGE FOR WOMEN

SAVE THE DATE: [INSERT DATE]

**JOIN THE ULTIMATE FITNESS
SHOWDOWN!**

#DETOXANDDOMINATE