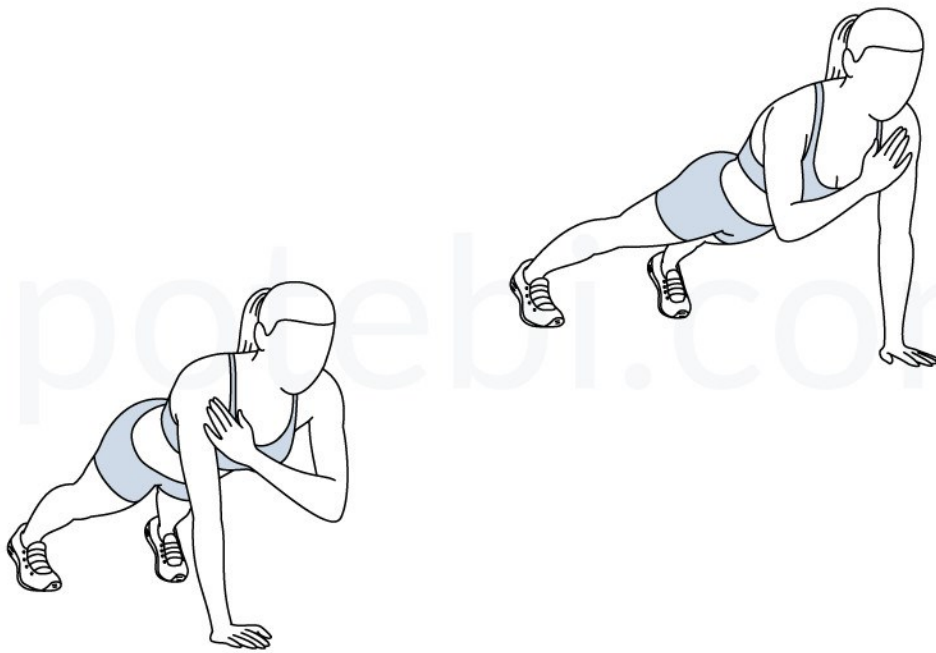


Plank Shoulder Tap



How many shoulder taps
can you manage in a plank
position in one minute?