

ALPHABET EXERCISES

Whenever someone writes down a letter, you have to do the work-out that follows that letter!



A - Arm Rolls

B - Balance on one foot

C - Crab Walk

D - Dance

E - Elephant Steps

F - Flap Arms

G - Gallop like a Horse

H - High-Knee Steps

I - Inch Worm

J - Jumping Jacks

K - Karate Kick

L - Lunges

M - March in Place

N - Nod Your Head

O - Overhead Stretch

P - Push-Ups

Q - Quick Steps

R - Run in Place

S - Stretch

T - Touch Your Toes

U - Underhand Toss

V - Veer Left

W - Wiggle

X - X Jumps

Y - Yoga Pose

Z - Zig-Zag Steps

WHAT'S
YOUR **30**?
30 MINUTES. 30 DAYS.



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