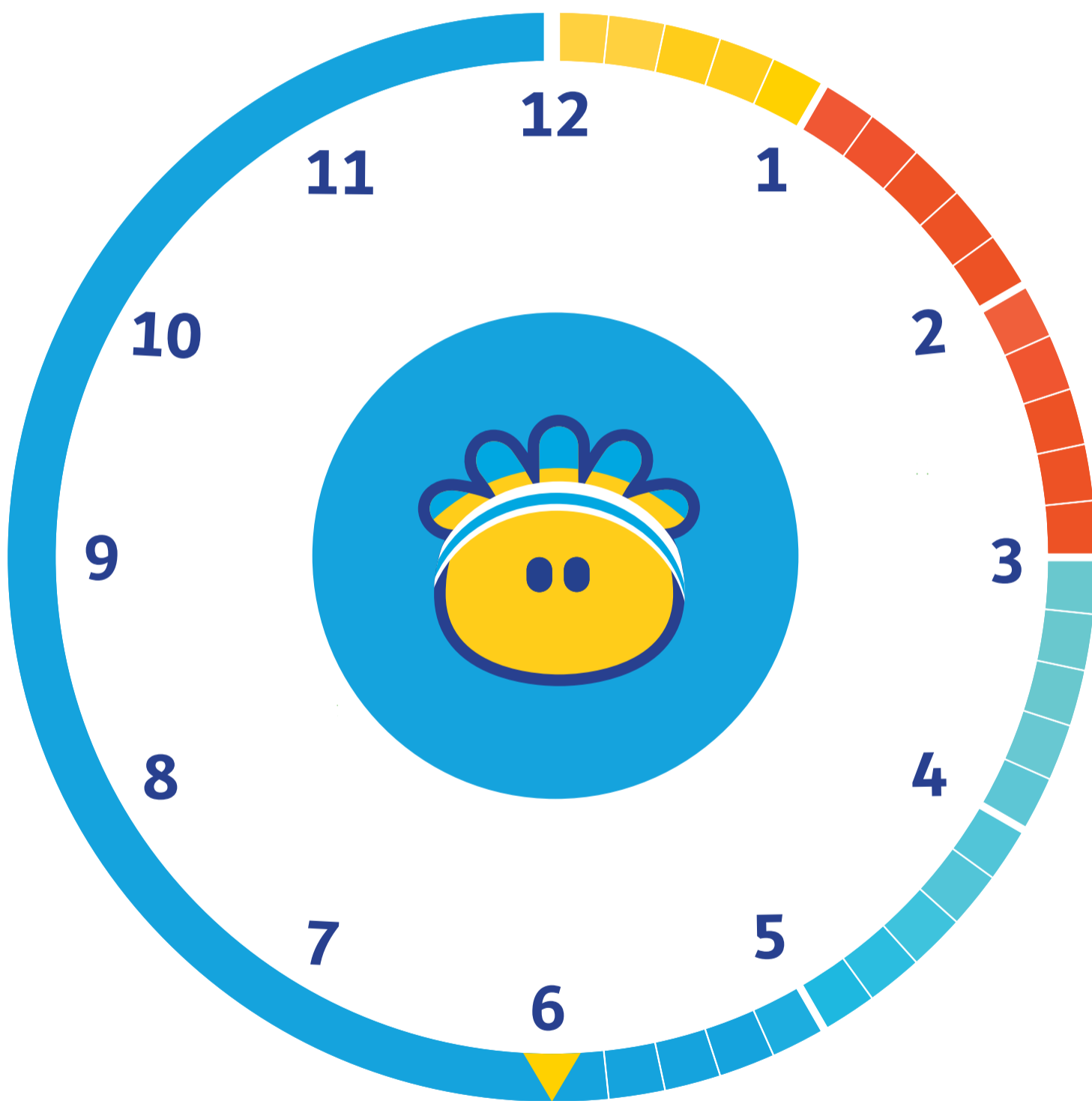


KEEP UP WITH THE CLOCK!

Use a pencil and spin it in the center of this clock to find an exercise to do. Try it with friends too!



- 1** Lap around the gym
- 2** Jumping Jacks
- 3** Lunges
- 4** Ski Jumps
- 5** Push-Ups
- 6** Squats
- 7** High Knees
- 8** Crab Walk
- 9** Mountain Climbers
- 10** Wall Push-Ups
- 11** Sit Ups
- 12** Stretch for 12 seconds

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



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