

# THE MORNING WELCOME ROUTINE

WEEK 3

Rise & shine everyone!

This week we'll be starting our morning with

5 GREAT STRETCHES  
AND A BIG SMILE!

Have a wonderful week!



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



#MoveWithModesh

MyModesh.com

   mymodesh

#Dubai30x30  dubaifitnesschallenge.com   dubaifitnesschallenge  dxbfitchallenge

**modesh**