

THE MORNING WELCOME ROUTINE

WEEK 2

Good morning boys & girls!
Today we're starting our day with
5 HOPSCOTCH JUMPS
AND A SMILE!

Wishing you an amazing week!



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



SKECHERS

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#Dubai30x30  dubaifitnesschallenge.com   dubaifitnesschallenge  dxbfitchallenge