

TEACH YOUR PARENTS HOW TO FLOSS!

You've got the moves, now teach your parents to follow you!
Choose your favorite song to floss to and begin!

How to Floss:

1. Stand with your feet slightly apart.
2. Put your arms by your side and make fists with your hands.
3. Swing your arms all the way to the right.
4. Move your arms a tiny bit to the left and put your right arm behind your back.
5. Swing your arms slightly to the right and bring your right arm out from behind your back.
6. Swing your arms all the way to the left.
7. Move your arms a tiny bit to the right and put your left arm behind your back.
8. Swing your arms slightly to the left and bring your left arm out from behind your back.
9. Repeat, speed up, start moving your hips, and enjoy!



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