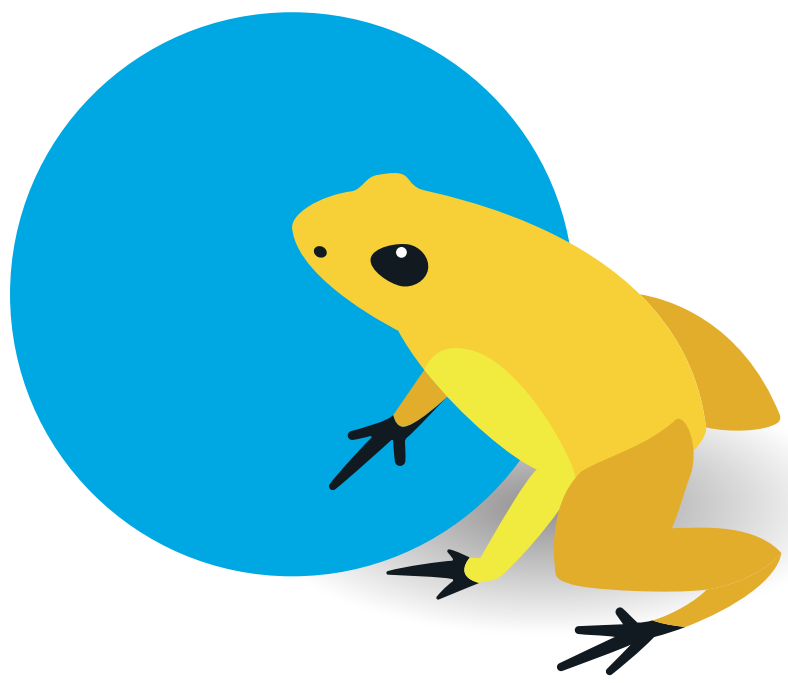


MOVE LIKE AN ANIMAL!

Can you do all the animal workouts on this page?
Try it with friends for extra hours of fun!



FROG JUMP

Hop hop hop up
and down like a frog!



BEAR WALK

Walk with your hands
and feet on the floor.

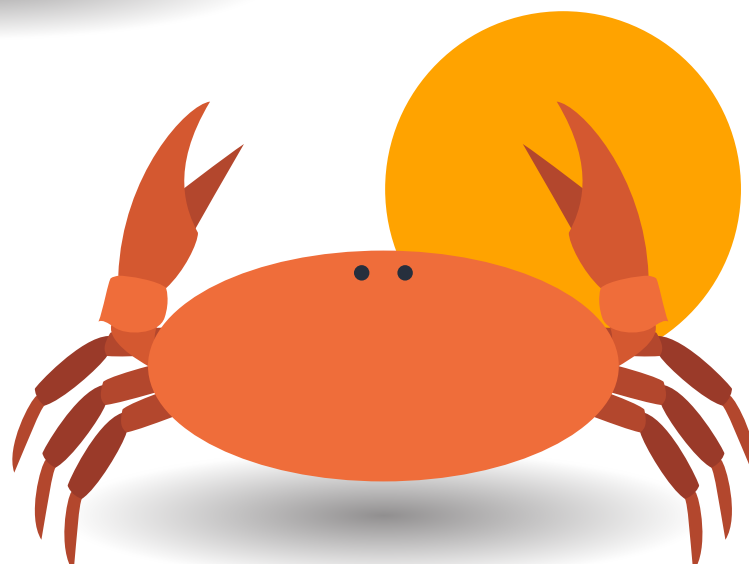
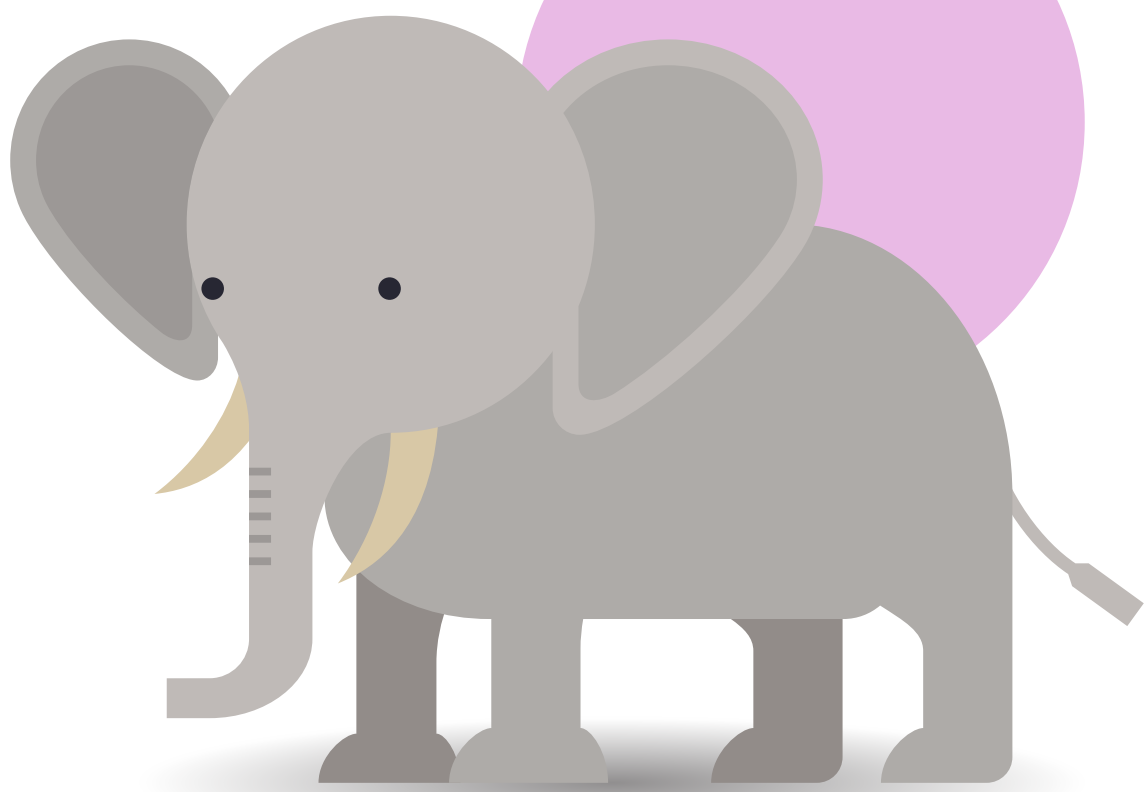
GORILLA SHUFFLE

In a low sumo squat, use your
hands to balance and shuffle
around the room!



ELEPHANT STOMPS

March in place, stomping your
feet as hard as you can!

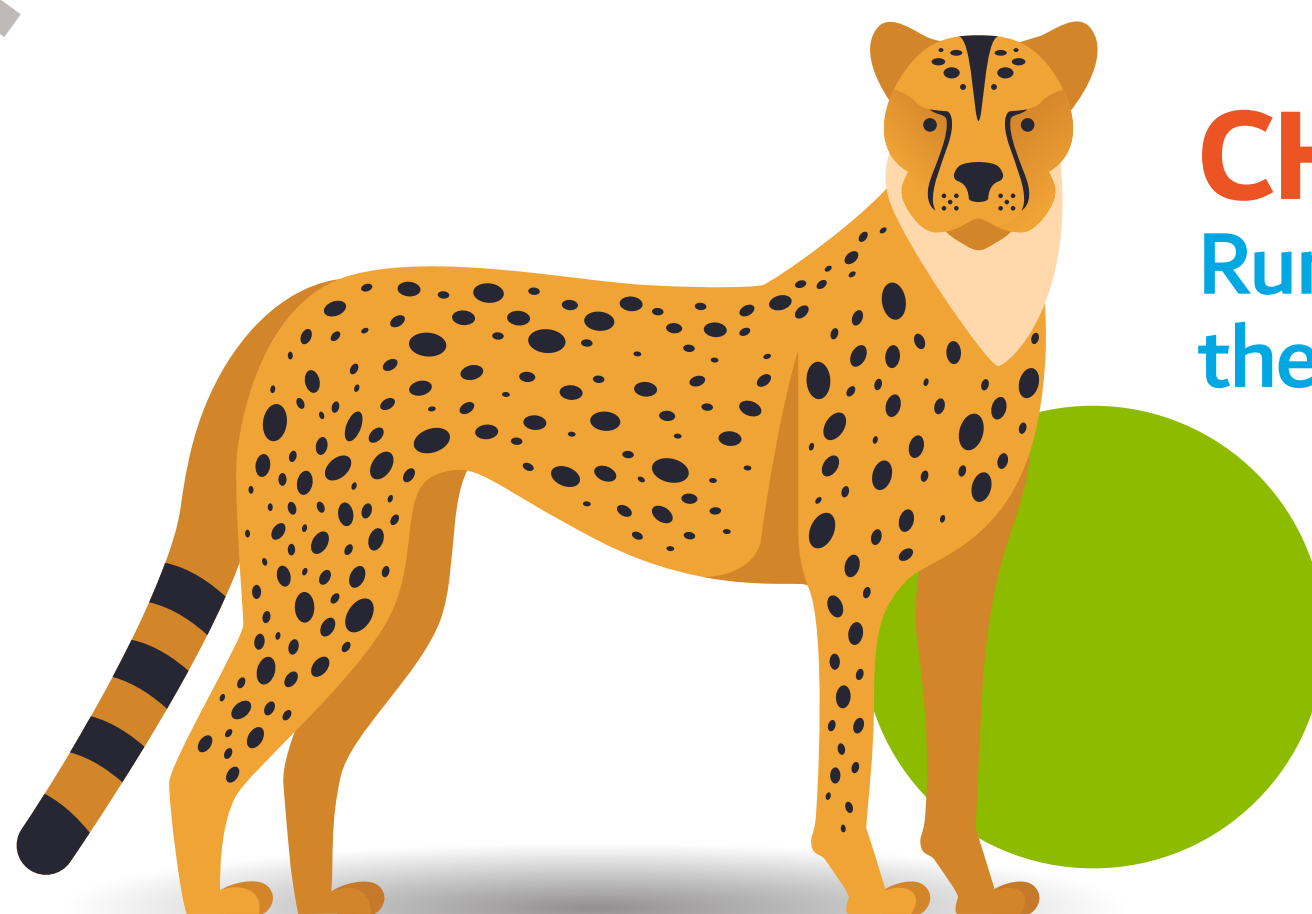


CRAB WALK

Sit down and place your
palms on the ground
behind you. Lift your hips and
crawl on your hands and feet.

STARFISH JUMPS

Jump up and down while spreading
your arms and legs wide
(like jumping jacks).



CHEETAH RUN

Run in place as fast as you can, just like
the fastest animal in the Sahara!

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



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