

MY DUBAI FITNESS CHALLENGE WORKOUT

Name:

Class:

Create your own DFC 2020 workout using 4-8 different exercises. When ready, why not make your own workout video to show your teacher or class?

| | | | |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 |

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



30 OCT - 28 NOV