

MAKE YOUR FAVORITE SMOOTHIE!

Pick your favorite ingredients and get an adult to help you blend it all together.
Feel free to add your own ingredients, too.
Snap photos of it and tag @MyModesh!



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



modesh

#MoveWithModesh

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#Dubai30x30 dubaifitnesschallenge.com dubaifitnesschallenge dxbfitchallenge