

THE MORNING WELCOME ROUTINE

WEEK 4

It's your last week of the Fitness Challenge!

Start every morning with

RUNNING IN PLACE

AND A GREAT BIG SMILE

Enjoy your week!



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



modesh

#MoveWithModesh

MyModesh.com

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#Dubai30x30  dubaifitnesschallenge.com   dubaifitnesschallenge  dxbfitchallenge