

THE MORNING WELCOME ROUTINE

WEEK 1

Good morning everyone!
This week we'll be starting the day with
5 STAR JUMPS
& ONE MASSIVE SMILE!
Let's get started.



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



modesh

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#Dubai30x30  dubaifitnesschallenge.com   dubaifitnesschallenge  dxbfitchallenge