

MODESH SAYS!

Get moving by playing “Simon Says” with Modesh!
You decide when or if you say “Modesh Says”!



Shake your whole body

Jump up and down

Spin around in circles

Wave your arms above your head

Walk like a bear on all fours

Walk like a crab

Hop like a frog

Walk on your knees

Lay on your back & pedal your legs

Pretend to sit on a chair 5 times

Swing your arms

Hop on your left foot 10 times

Hop on your right foot 10 times

Hop around like a bunny

Stand on your left foot for 10 seconds

Stand on your right foot for 10 seconds

Bend down & touch your toes

Show off your arm muscles

Lay on the floor and stretch

Pretend to shoot a basketball 10 times

Pretend to jump rope for 10 times

Pretend to ride a horse

Pretend to milk a cow

Take 5 massive steps forward

Pretend to lift a car

Do the weirdest dance

Smile!

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



SKECHERS

modesh

#MoveWithModesh

MyModesh.com

mymodesh

#Dubai30x30 dubaifitnesschallenge.com dubaifitnesschallenge dxbfitchallenge