



# #DUBAI 30X30

## FITNESS CHALLENGE

DETAILS ON EACH ACTIVITY WILL BE POSTED DAILY ON  STORIES.  POST YOUR ACTIVITY AND TAG @CITIZENSSCHOOLME.



### STARTING 26<sup>TH</sup> OCTOBER 2024

MON	TUE	WED	THU	FRI	SAT	SUN
					26 30 minute walk 	27 Exercise Challenge
28 Ball Skills 	29 Handstand Practice 	30 Yoga Session	31 Your choice	1 <sup>st</sup> November Exercise Challenge	2 Stretch 	3 Play your favorite sport
4 Skipping Challenge 	5 Go for an evening walk	6 Bridge Challenge	7 Exercise Challenge	8 Run for 10 minutes	9 Go for a walk on the beach 	10 Cycle on your bike
11 Ball bounce Challenge	12 Breath Work 	13 Your choice	14 Coordination Challenge	15 Try a new sport 	16 Go swimming!	17 Exercise with a friend
18 Exercise Challenge	19 Go for a walk	20 Stretch 	21 Dance for 30 minutes 	22 Yoga Session 	23 Go to Kite Beach fitness center	24 Go for a 15 minute run 