

Bring studio-style workouts & wellness to your home with Dubai Fitness Challenge 2020

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With extended periods of staying indoors, online workouts have been integral in boosting motivation to get fit and active in socially distanced settings. Recognising the importance of fostering a virtual support network to encourage the whole city to keep moving wherever they are, whenever they can, Dubai Fitness Challenge (DFC) 2020 places a special focus on at-home sessions with the return of the 'Find Your 30' virtual hub. Presented by global fitness leader Fitbit, the free-to-access, one-stop portal on the DFC website brings a wide range of easily accessible, premium fitness content to residents and visitors across the city.

FITNESS AT YOUR FINGERTIPS

The array of trusted information and inspirational content on the virtual hub delivers flexibility, convenience and remote access to all ages and abilities, so everyone can tailor their own fitness regimes throughout the Challenge. New to the content hub for 2020 are daily live classes from 'Studio TV', with classes covering Yoga, HIIT, Core Strength, Barre, Pilates and more; online workout videos created by 'Find Fit People' exclusively for DFC (HIIT, Barre, Pilates and Yoga); and two 90-minute videos from Expo 2020 (HIIT and Yoga). Exercise programmes and discipline challenges from Fitbit, Puma and SworKit have also been curated to conveniently fit any schedule around the clock, in addition to healthy recipes from KCal, Farmbox and Spinneys; mindfulness and meditation sessions, vlogs, podcasts from Deezer and Anghami; and articles, educational videos for children, and much more from leading experts. Get a full-body workout with circuit training, dance workouts, running, high-intensity interval training, callisthenics, strength and conditions exercises; find some zen with yoga, mindful wellness and meditation sessions; or bring new variety in your exercise regimen.

FAMILY FITNESS FUN

Kids can also catch a much-needed break from the monotony of a repetitive routine and burn some energy with custom workout content. PJ Masks, Motiongate, IMG Worlds of Adventures and EA Sports FIFA 21 are all on hand to help children of all ages work their way through some simple exercises. There are options for solo workouts, as well as sessions with mums and dads to make it a family affair.

PJ Masks has created four exclusive workout videos with new episodes released each week throughout DFC. The videos are created with catchy and fun PJ Masks-themed songs and the routines are energetic and challenging – keeping the kids focused while learning some of their favourite characters' signature moves.

IMG Worlds Of Adventure

Explore fun workouts this DFC with your favourite characters from IMG World of Adventures. Get moving with the PowerPuff Girls, Fin & Jake, dinosaurs in Lost Valley and IMG Bear. They're here to help you get your 30 minutes of activity with fun moves, twists and shakes.

Les Mills Born To Move

'Born To Move' workouts in Les Mills on Demand supports schools in keeping the kids moving at home. The series encourages children to feel successful and have fun moving to music. It builds confidence, and develops skills by stealth, using simple moves, stories, games, problem solving and the magic of music.

FIFA and EA

This year's edition of FIFA21 will feature Dubai as the final location in the game's story mode called VOLTA, and as a playable pitch in the game's five-a-side mode. This FIFA workout has drills created by Kotaro Tokuda – the youngest freestyle football champion. The videos include drills and tricks to keep you moving.

Motiongate™ Dubai

Dance with Papa Smurfs, Brainy Smurf, Smurfette and Vanity Smurf and get fit this DFC. Flex your muscles with The Smurfs at Motiongate™ Dubai for a full song routine with instructional step by step video for easy learning. Powered by Fitness First.

UNLOCK FREE ACCESS TO LEADING GLOBAL APPS

For even more reasons to stay motivated throughout DFC, leading global fitness apps Fitbit Premium, Daily Burn, FIIT, Les Mills on Demand, NEOU, Steppi, Sweat and Sworkit can now be accessed for free throughout the duration of the Challenge as well. Choose from a wide selection of premium fitness content and diverse workouts for free, shaped by world-class trainers and instructors to help users turn up the pace in any space – from video workout programmes, step-counting and mapped running routes, to bodyweight workouts, yoga, meditation, HIIT, core and strength sessions at home.

Access 'Find Your 30', for free, on www.dubaifitnesschallenge.com