



FBC DXB (Fitness Bootcamp DXB), the most renowned fitness company in Dubai, and which has been in the region for over 4 years now, and which is led by coach Mostafa Mersal has announced the winners of the "Plank Challenge," the competition which he created last year.

The main focus of the challenge relied on how long a contestant can plank while holding his/her body straight. The rules of the challenge were to hold the abdominal plank position in the correct form, and in which the plank position must be held on the toes and forearms only.

Coach Mersal trained the contestants for an entire month preparing them for the challenge to compete against each other and test their abilities.

Last year's challenge witnessed the Emirati Ali Khalfan who could plank an astonishing record of 1 hour 29 minutes followed by Jonathan Laperdrix, who planked for 1 hour 25 minutes and came in second place.

This year and for the second time, FBC DXB has witnessed the Emirati Ali Khalfan winning the challenge by reaching an astonishing record of 1 hour 50 minutes, 21 minutes better than his performance at last year's challenge followed by Mohammad Al Katbi, who

planked for 1 hour 7 minutes to come in second. Adel Samir planked for 17 minutes 50 seconds and was awarded third place.

As for the ladies, the winner who was able to plank for a good 1 hour 6 minutes 30 seconds was Lena Wong-English followed by Nadia Yahfour who planked for 1 hour 2 minutes 58 seconds and came in second place. As for Lena Joulahjian she came in third by planking 30 minutes and 30 seconds.

The "Plank Challenge" lasted for an entire week in different locations in Dubai, allowing participants to compete, test, and showcase their capabilities in the plank position.

ASPAM Indian International School Sharjah concludes fest

AURORA '18 conducted by ASPAM Indian International School Sharjah witnessed contribution by parent community under the banner Eco-Fantasia.

The occasion was graced by chief guest Dr Swati Popat Vats, the president of Podar Education Network and Early Childhood Association, India.

She enthralled the audience with a

powerful message on "Raising a Healthy Happy Child."

The event was a huge success. Established in the year 2013, ASPAM Indian International School provides quality education, identifies and nurtures the uniqueness of each child by tapping their hidden unique potential and grooming them to their very best.

The school gives a platform for students to explore with new ideas, inculcate new thoughts and experiment with different perspectives by engaging them in innovative projects and extended learning activities. The curriculum, instruction and assessment provided enable students to become reflective thinkers, confident individuals and global citizens.

