

PRO *Vita*
April
 Fitness Calendar

PRO *Vita*
SEXY LEGS
 APRIL CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>“Remember that the reason you’re doing this is to make your life better. Keep Going!”</p>	<p>DAY 1</p> <p>10 Leg swings 12 Side lunges 10 Plie squats</p>	<p>DAY 2</p> <p>10 Side leg lifts 12 Plie squats 10 Inner thigh pulses</p>	<p>DAY 3</p> <p>12 Led swings 12 Side leg lifts 15 Side lunges</p>	<p>DAY 4</p> <p>15 Side lunges 15 Plie squats 12 Inner thigh pulses</p>	<p>DAY 5</p> <p><i>REST DAY</i></p>	<p>DAY 6</p> <p>15 Side leg lifts 15 Plie squats 12 Inner thigh pulses</p>
<p>DAY 7</p> <p>15 Leg swings 15 Side lunges 20 Plie Squats</p>	<p>DAY 8</p> <p>20 Side lunges 20 Plie squats 15 Inner thigh pulses</p>	<p>DAY 9</p> <p>15 Leg swings 20 Side leg lifts 20 Side lunges</p>	<p>DAY 10</p> <p><i>REST DAY</i></p>	<p>DAY 11</p> <p>20 Leg swings 25 Side lunges 25 Plie squats</p>	<p>DAY 12</p> <p>20 Side lunges 25 Plie squats 20 Inner thigh pulses</p>	<p>DAY 13</p> <p>25 Leg swings 20 Side leg lifts 25 Side lunges</p>
<p>DAY 14</p> <p>25 Side leg lifts 30 Plie squats 20 Inner thigh pulses</p>	<p>DAY 15</p> <p><i>REST DAY</i></p>	<p>DAY 16</p> <p>25 Side leg lifts 30 Plie squats 25 Inner thigh pulses</p>	<p>DAY 17</p> <p>25 Leg swings 30 Side lunges 35 Plie squats</p>	<p>DAY 18</p> <p>30 Side lunges 35 Plie squats 25 Inner thigh pulses</p>	<p>DAY 19</p> <p>30 Leg swings 30 Side leg lifts 35 Side lunges</p>	<p>DAY 20</p> <p><i>REST DAY</i></p>
<p>DAY 21</p> <p>30 Leg swings 35 Side lunges 40 Plie squats</p>	<p>DAY 22</p> <p>40 Side lunges 40 Plie squats 30 Inner thigh pulses</p>	<p>DAY 23</p> <p>35 Leg swings 35 Side leg lifts 40 Side lunges</p>	<p>DAY 24</p> <p>35 Side leg lifts 45 Plie squats 35 Inner thigh pulses</p>	<p>DAY 25</p> <p><i>REST DAY</i></p>	<p>DAY 26</p> <p>40 Side leg lifts 50 Plie squats 35 Inner thigh pulses</p>	<p>DAY 27</p> <p>35 Leg swings 40 Side lunges 50 Plie squats</p>
<p>DAY 28</p> <p>45 Side lunges 55 Plie squats 40 Inner thigh pulses</p>	<p>DAY 29</p> <p>40 Leg swings 45 Side leg lifts 45 Side lunges</p>	<p>DAY 30</p> <p>50 Side lunges 55 Plie squats 45 Inner thigh pulses</p>	<p>Reminder:</p> <ol style="list-style-type: none"> For examples of exercises and nutrition please message our Official Facebook page (Proweightloss Program) and visit our website (www.provitaproducts.com) Have a morning cup of PCoffee. Take your Provita Probiotics once before bedtime. Drink 3 liters of water a day. Add Provita Shape in Shake to your meal. Take a 'Before and After' picture and post it with #Provita # CoachBarbie #PCOS30 Join our free coaching sessions to guide you better. Once finished, post it to our official Facebook Group (PCOS 30 OFFICIAL FB GROUP by CoachBarbie) 			

TRIVIA: Indulging in Irresistible Delights with PROVITA PEANUT SPREAD

Indulging in the creamy comfort of Provita peanut spread – the perfect remedy for those irresistible cravings. Unlocking a world of wellness with every spread. Packed with protein, healthy fats, and essential nutrients, peanut spread isn't just a tasty treat—it's your daily dose of delicious nourishment. Elevate your snack game, one spoonful at a time! A spoonful of delight to satisfy your sweet, savory desires.

Also, combining Probiotics will help you lessen your cravings!

