



APRIL CALENDAR CHALLENGE DAY 01 TO DAY 16

SUNDAY ABS & OBLIQUES	MONDAY LEGS & CARDIO	TUESDAY UPPER BODY	WEDNESDAY TOTAL BODY	THURSDAY ABS & CARDIO	FRIDAY BUTT	SATURDAY RESTDAY
<p>Repeat after me: "I know my curves are sexy and I want everyone else to know that theirs too"</p>					<p>Squats 12x Side lunges 20x</p>	<p>Check out new Recipe on Proweightloss Program</p>

SUNDAY ABS & OBLIQUES	MONDAY LEGS & CARDIO	TUESDAY UPPER BODY	WEDNESDAY TOTAL BODY	THURSDAY ABS & CARDIO	FRIDAY BUTT	SATURDAY RESTDAY
<p>Fire Hydrants 16x Wall sits 20x Jump rope 30x</p>	<p>side-lying leg raise 20x Jumpsquat 12x</p>	<p>Stair climbing 5mins Standing kickback lunges 12x</p>	<p>Standing side leg lifts 12 Squats 16x</p>	<p>Standing side-to-side squats 10x Side lunges 16x</p>	<p>Glute bridges 16x Squat to side kick 16x</p>	<p>Check out new Recipe on Proweightloss Program</p>

SUNDAY ABS & OBLIQUES	MONDAY LEGS & CARDIO	TUESDAY UPPER BODY	WEDNESDAY TOTAL BODY	THURSDAY ABS & CARDIO	FRIDAY BUTT	SATURDAY RESTDAY
<p>10 Bird Dog 20x Hip Thrust Single-Arm each 12x Jump rope 30x</p>	<p>Leg Kicks with oblique Crunch 3 sets 25x Triangle Crunch 16x</p>	<p>Hip lifts in plank 12x Squats 20x</p>	<p>Spiderman plank 20x Side lunges 15x</p>	<p>Fire Hydrants 16x Wall sits 20x</p>	<p>Side-lying leg raise 20x Jumpsquat 12x</p>	<p>Check out new Recipe on Proweightloss Program</p>

Ingredients of Vitamic T

- E** MAY HELP IMPROVE THE IMMUNE RESPONSE DURING AGING.
- Zn** HELPS THE IMMUNE SYSTEM FIGHT OFF INVADING BACTERIA AND VIRUSES
- Se** HELPS DEFEND THE BODY FROM CHRONIC CONDITIONS.
- probiotics** BACILLUS COAGULANS INHIBIT THE GROWTH OF HARMFUL GUT BACTERIA

NOTES





APRIL CALENDAR CHALLENGE DAY 17 TO DAY 30

SUNDAY <small>ABS & OBLIQUES</small> Stair climbing 5mins Standing kickback lunges 12x Jump rope 30x	MONDAY <small>LEGS & CARDIO</small> Standing side leg lifts 12 Squats 16x	TUESDAY <small>UPPER BODY</small> Stair climbing 5mins Standing kickback lunges 12x	WEDNESDAY <small>TOTAL BODY</small> Glute bridges 16x Squat to side kick 16x	THURSDAY <small>ABS & CARDIO</small> Bird Dog 20x Hip Thrust Single-Arm Reach 12x	FRIDAY <small>BUTT</small> Leg Kicks with oblique Crunch 3 sets 25x Triangle Crunch 16x	SATURDAY <small>RESTDAY</small> Check out new Recipe on Proweightloss Program
SUNDAY <small>ABS & OBLIQUES</small> Hip lifts in plank 12x Squats 20x Jump rope 30x	MONDAY <small>LEGS & CARDIO</small> Spiderman plank 20x Side lunges 15x	TUESDAY <small>UPPER BODY</small> Fire Hydrants 16x Wall sits 20x	WEDNESDAY <small>TOTAL BODY</small> Side-lying leg raise 20x Jumpsquat 12x	THURSDAY <small>ABS & CARDIO</small> Stair climbing 5mins Standing kickback lunges 12x	FRIDAY <small>BUTT</small> Standing side leg lifts 12 Squats 16x	SATURDAY <small>RESTDAY</small> Check out new Recipe on Proweightloss Program



REMINDERS

1. For examples of exercises and nutrition please check our Facebook, Youtube Channel and Proweightloss Program.
2. Drink 3 liters of water a day
3. Wear slimbelt everyday
4. Take your ProVita Probiotics Daily
5. Add Shape in shake to your breakfast
6. Take a Before and After and post with #CoachBarbie #ProweightlossProgram
7. Join our Free Coaching Session to guide you better
8. Take a Selfie and give us feedback once you finish it.



Ingredients of Vitamin C

- E** MAY HELP IMPROVE THE IMMUNE RESPONSE DURING AGING.
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