

# PROVita November Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>” “If you want something you've never had, you must be willing to do something you've never done.”</p>		<p><b>Reminder:</b></p> <ol style="list-style-type: none"> <li>For examples of exercises and nutrition please message our Official Facebook page (Proweightloss Program) and visit our website (<a href="http://www.provitaproducts.com">www.provitaproducts.com</a>)</li> <li>Have a morning cup of PCoffee.</li> <li>Take your Provita Probiotics once before bedtime.</li> <li>Drink 3 liters of water a day.</li> <li>Add Provita Shape in Shake to your meal.</li> <li>Take a 'Before and After' picture and post it with #Provita #CoachBarbie #PCOS30</li> <li>Join our free coaching sessions to guide you better.</li> <li>Once finished, post it to our official Facebook Group (PCOS 30 OFFICIAL FB GROUP by CoachBarbie)</li> </ol>				
<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>	<b>DAY 1</b>	<b>DAY 2</b>
Glute Bridges (3 sets of 15 reps) Donkey Kicks (3 sets of 15 reps per leg)	Squats (3 sets of 15 reps) Lateral Lunges (3 sets of 10 reps per leg)	<b>Rest Day</b> (Try Meditation or Yoga)	Reverse Lunges (3 sets of 12 reps per leg) Wall Sit (3 sets, hold for 45 seconds)	Jump Squats (3 sets of 15 reps) Lateral Lunges (3 sets of 10 reps per leg)	Plank with Leg Lift (3 sets of 10 reps per leg) Squats (3 sets of 15 reps)	Side Plank (3 sets of 10 reps per side) Bicycle Crunches (3 sets of 15 reps)
<b>DAY 10</b>	<b>DAY 11</b>	<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>	<b>DAY 8</b>	<b>DAY 9</b>
Glute Bridges (3 sets of 18 reps) Donkey Kicks (3 sets of 18 reps per leg)	Squats (3 sets of 18 reps) Lateral Lunges (3 sets of 13 reps per leg)	<b>Rest Day</b> (Try Meditation or Yoga)	Reverse Lunges (3 sets of 15 reps per leg) Wall Sit (3 sets, hold for 50 seconds)	Jump Squats (3 sets of 18 reps) Lateral Lunges (3 sets of 13 reps per leg)	Plank with Leg Lift (3 sets of 13 reps per leg) Squats (3 sets of 18 reps)	Side Plank (3 sets of 13 reps per side) Bicycle Crunches (3 sets of 18 reps)
<b>DAY 17</b>	<b>DAY 18</b>	<b>DAY 19</b>	<b>DAY 20</b>	<b>DAY 21</b>	<b>DAY 15</b>	<b>DAY 16</b>
Glute Bridges (3 sets of 21 reps) Donkey Kicks (3 sets of 21 reps per leg)	Squats (3 sets of 21 reps) Lateral Lunges (3 sets of 16 reps per leg)	<b>Rest Day</b> (Try Meditation or Yoga)	Reverse Lunges (3 sets of 18 reps per leg) Wall Sit (3 sets, hold for 55 seconds)	Jump Squats (3 sets of 21 reps) Lateral Lunges (3 sets of 16 reps per leg)	Plank with Leg Lift (3 sets of 16 reps per leg) Squats (3 sets of 21 reps)	Side Plank (3 sets of 16 reps per side) Bicycle Crunches (3 sets of 21 reps)
<b>DAY 24</b>	<b>DAY 25</b>	<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>	<b>DAY 22</b>	<b>DAY 23</b>
Glute Bridges (3 sets of 24 reps) Donkey Kicks (3 sets of 24 reps per leg)	Squats (3 sets of 24 reps) Lateral Lunges (3 sets of 19 reps per leg)	<b>Rest Day</b> (Try Meditation or Yoga)	Reverse Lunges (3 sets of 21 reps per leg) Wall Sit (3 sets, hold for 1 minute)	Jump Squats (3 sets of 24 reps) Lateral Lunges (3 sets of 19 reps per leg)	Plank with Leg Lift (3 sets of 21 reps per leg) Squats (3 sets of 18 reps)	Side Plank (3 sets of 19 reps per side) Bicycle Crunches (3 sets of 24 reps)
<b>DAY 30</b>	<b>DAY 29</b>	<b>DAY 31</b>	<b>DAY 32</b>	<b>DAY 33</b>	<b>DAY 34</b>	<b>DAY 35</b>
Glute Bridges (3 sets of 27 reps) Donkey Kicks (3 sets of 27 reps per leg)	Squats (3 sets of 27 reps) Lateral Lunges (3 sets of 22 reps per leg)	<b>Rest Day</b> (Try Meditation or Yoga)	Reverse Lunges (3 sets of 24 reps per leg) Wall Sit (3 sets, hold for 1 minute)	Jump Squats (3 sets of 27 reps) Lateral Lunges (3 sets of 22 reps per leg)	Plank with Leg Lift (3 sets of 24 reps per leg) Squats (3 sets of 21 reps)	Side Plank (3 sets of 22 reps per side) Bicycle Crunches (3 sets of 27 reps)

## TRIVIA: Provita Peanut Spread for Sweet Cravings

### Nutrient-Rich:

Packed with protein, healthy fats, vitamins, and minerals, roasted peanuts are a great source of energy and essential nutrients.

### Healthy Fats:

The coconut oil provides medium-chain triglycerides (MCTs), which may support metabolism and provide quick energy.

### Natural Sweetness:

Molasses adds a natural sweetness along with additional minerals like iron, calcium, and magnesium, making it a healthier alternative to refined sugars.

### Heart Health:

The combination of peanuts and coconut oil can contribute to heart health by providing monounsaturated fats, which may help lower bad cholesterol levels.

### Versatile Use:

This spread is not only delicious on toast or in smoothies but can also be used in baking, cooking, or as a dip, making it a versatile addition to a balanced diet.

