

# 20 Days Jump Start

# Calendar Challenge


Jan 5<sup>th</sup> - Jan 25<sup>th</sup>

Take the **20 Days Jump Start Challenge** ❤️

Be Active for 20 days straight atleast 20 minutes a Day!

**RULE** Giveaway - Post ur before and After and get Reward Key Chain Finisher!

1. Download this on our website

 [PROWEIGHTLOSSPROGRAM.STORE](http://PROWEIGHTLOSSPROGRAM.STORE)

2. For exercise forms, please check my social media platforms

FOR FACEBOOK AND YOUTUBE  
 **COACH BARBIE**

FOR TIKTOK:  
 **COACH BARBIE**  
of **PROWEIGHTLOSS**

3. Drink 3 liters of water a day

4. Take ProVita Probiotics as your Daily Supplement

5. Add Shape in Shake to your Breakfast

6. Take a BEFORE and AFTER and post #CoachBarbie #ProweightlossProgram

7. Join on my Free Coaching to guide you better

8. Take a Selfie if you finish it!

DAY 1

25 Minutes  
Jump Rope

DAY 2

20 minutes  
Jumping Jacks

DAY 3

10 Minutes  
Jump Jacks

DAY 4

10 minutes  
Jump Rope

DAY 5

20 minutes  
squat Jump

DAY 6

25 minutes  
running

DAY 7

20 minutes  
High Knees

DAY 8

20 Minutes  
Jump Rope

DAY 9

15 minutes  
crunches

DAY 10

20 minutes  
Squat

DAY 11

25 minutes  
Burpees

DAY 12

22 minutes  
Squat L

DAY 13

25 Minutes  
Jump Rope

DAY 14

20 Minutes  
Squat Up and  
Down

DAY 15

25 Minutes  
Jumping Jack  
Squat

DAY 16

20 Minutes Ab  
Jump Rope

DAY 17

20 Minutes  
Squat L

DAY 18

20 Minutes  
Diamond Squat

DAY 19

25 Minutes  
Jump Rope

DAY 20

25 Minutes  
Jump Rope