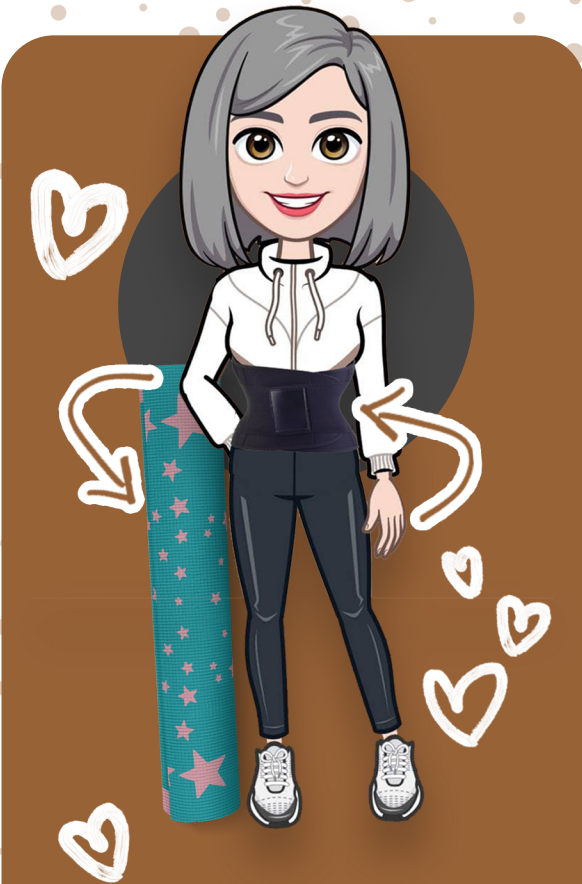




SLIMMER LEG CHALLENGE



Take the **SLIMMER LEG 21 Days Challenge**
 Be Active for 21 days straight atleast 20 minutes a Day!
Giveaway - Post ur before and After and get Reward Key Chain Finisher!

<input type="checkbox"/> 1 100 Jump Rope 100 Parcel Up and Down	<input checked="" type="checkbox"/> 2 100 Jump Rope 100 Squat Knee to Elbow	<input type="checkbox"/> 3 100 Jump Rope 100 Silent Burpees	<input checked="" type="checkbox"/> 4 100 Jump Rope 10 Plank Toe Reach	<input type="checkbox"/> 5 100 Jump Rope 100 Squat Arm Circle	<input checked="" type="checkbox"/> 6 100 Jump Rope 100 Bicycle Crunch	<input type="checkbox"/> 7 100 Jump Rope 100 Reverse Crunch
<input type="checkbox"/> 8 100 Jump Rope 30 Minutes Running	<input checked="" type="checkbox"/> 9 100 Jump Rope 10 Squat and Lift	<input type="checkbox"/> 10 100 Jump Rope 100 Side Squat	<input checked="" type="checkbox"/> 11 100 Jump Rope 100 Squat L	<input type="checkbox"/> 12 100 Jump Rope 100 Squat Cursy	<input checked="" type="checkbox"/> 13 100 Jump Rope 100 Side to Side Squat tap the Ankle	<input type="checkbox"/> 14 100 Jump Rope 100 Squat Front Kick
<input type="checkbox"/> 15 100 Jump Rope 100 Jumping Jacks	<input checked="" type="checkbox"/> 16 100 Jump Rope 100 Half Burpees	<input type="checkbox"/> 17 100 Jump Rope 100 Squat Cursy Kick	<input checked="" type="checkbox"/> 18 100 Jump Rope 30 Minutes Running	<input type="checkbox"/> 19 100 Jump Rope 100 Jump Rope	<input checked="" type="checkbox"/> 20 100 Jump Rope 100 Squat Jump	<input type="checkbox"/> 21 100 Jump Rope 100 Jump Rope

RULE

- Download this on our website
PROWEIGHTLOSSPROGRAM.STORE
- For exercise forms, please check my social media platforms
FOR FACEBOOK AND YOUTUBE: **COACH BARBIE** FOR TIKTOK: **COACH BARBIE of PROWEIGHTLOSS**
- Drink 3 liters of water a day
- Wear Slim Belt and Yoga Mat during workout
- Take Provita Probiotics as your Daily Supplement
- Add Shape in Shake to your Breakfast
- Take a BEFORE and AFTER and post #CoachBarbie #ProweightlossProgram
- Join on my Free Coaching to guide you better
- Take a Selfie if you finish it!