



Take the **BACK FAT SEXY BACK EXERCISE 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 20 Minutes Windmill	<input type="checkbox"/> 2 100 Back Lift	<input type="checkbox"/> 3 100 Back Squeeze	<input type="checkbox"/> 4 100 Superman Fly	<input type="checkbox"/> 5 100 Wing Fly	<input type="checkbox"/> 6 1 Minute Superman Hold 5 Sets	<input type="checkbox"/> 7 100 Arm and Leg Raises
<input type="checkbox"/> 8 100 Counts Jumprope	<input type="checkbox"/> 9 20 Minutes Swimmer	<input type="checkbox"/> 10 100 Butter Fly	<input type="checkbox"/> 11 100 Towel face Full	<input type="checkbox"/> 12 100 Windmill	<input type="checkbox"/> 13 100 CrisCross Back Source	<input type="checkbox"/> 14 100 Counts Burpees
<input type="checkbox"/> 15 100 Counts Military Press	<input type="checkbox"/> 16 100 Back Squeeze	<input type="checkbox"/> 17 100 Swimmers	<input type="checkbox"/> 18 100 Counts Jumprope	<input type="checkbox"/> 19 20 Minutes Run	<input type="checkbox"/> 20 100 Back Lift	<input type="checkbox"/> 21 1 Minute Plank 7 Sets

RULE

1. Download this on our website

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. Wear Slim Belt and Yoga Mat during workout

5. Take Provita Probiotics as your Daily Supplement

6. Add Shape in Shake to your Breakfast

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

8. Join on my Free Coaching to guide you better

9. Take a Selfie if you finish it!