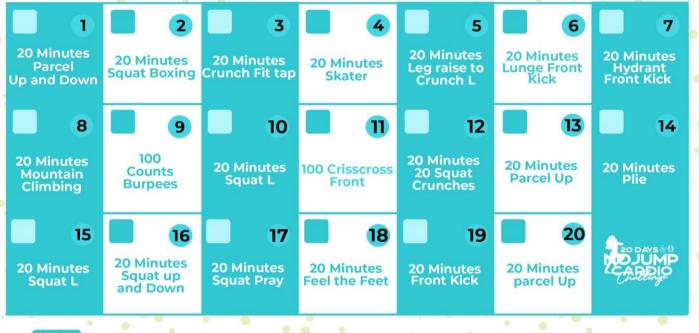


## Take the **20 DAYS NO JUMP CARDIO CHALLENGE**Be Active for 21 days straight atleast 20 minutes a Day!

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





## RULE

- I. Download this on our website
  - PROWEIGHTLOSSPROGRAM.STORE
- 2. For exercise forms, please check my social media platforms
- FOR FACEBOOK AND YOUTUBE:
- COACH BARBIE of PROWEIGHTLOSS
  - 6. Drink 3 liters of water a day

- Wear Slim Belt and Yoga Ma 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
- 9. Take a Selfie if you finish it