

20 Days Jump Start Challenge

Jan 5th - Jan 25th



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

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
- 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!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
25 Minutes Jump Rope	20 minutes Jumping Jacks	10 Minutes Jump Jacks	10 minutes Jump Rope	20 minutes squat Jump
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
25 minutes running	20 minutes High Knees	20 Minutes Jump Rope	15 minutes crunches	20 minutes Squat
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
25 minutes Burpees	22 minutes Squat L	25 Minutes Jump Rope	20 Minutes Squat Up and Down	25 Minutes Jumping Jack Squat
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
20 Minutes Ab Jump Rope	20 Minutes Squat L	20 Minutes Diamond Squat	25 Minutes Jump Rope	25 Minutes Jump Rope