

DAY 1 TO DAY 15

SUNDAY

ABS & OBLIQUES

MONDAY

LEGS & CARDIO

TUESDAY

UPPER BODY

WEDNESDAY

TOTAL BODY

THURSDAY

ABS & CARDIO

FRIDAY

BUTT

SATURDAY

RESTDAY

Happy New Year! Now Repeat after me, 2022 is #MYYEARTOBEBETTERME!

Better muscles & better mind! After your daily workouts, you must complete the 26 Days Waist Trainer Challenge every day.

Take a selfie and tag a friend to join you!

Check out new Recipe on Proweightloss Program!

SUNDAY

ABS & OBLIQUES

Bicycle Crunch 8X
Bird Dog 8x

Waist Trainer Challenge
5 Eagle Abs
5 Reverse Crunch
5 Double D's

MONDAY

LEGS & CARDIO

Pulsing Squats 8x
Jumping Squats 4x

Waist Trainer Challenge
6 Eagle Abs
6 Reverse Crunch
6 Double D's

TUESDAY

UPPER BODY

Triceps dip 8x
Wall Angels 16x

Waist Trainer Challenge
7 Eagle Abs
7 Reverse Crunch
7 Double D's

WEDNESDAY

TOTAL BODY

Push up 8x
Squats 8x

Waist Trainer Challenge
8 Eagle Abs
8 Reverse Crunch
8 Double D's

THURSDAY

ABS & CARDIO

Highknees 8x
Elbow to knees 16x

Waist Trainer Challenge
9 Eagle Abs
9 Reverse Crunch
9 Double D's

FRIDAY

BUTT

Bridge 4x
Single leg bridge 4x
Marching Bridge 4x

Waist Trainer Challenge
10 Eagle Abs
10 Reverse Crunch
10 Double D's

SATURDAY

RESTDAY

Check out new Recipe on Proweightloss Program!

SUNDAY

ABS & OBLIQUES

Cross-body mountain climber 16x
Walking lunge with rotation 8x

Waist Trainer Challenge
5 Eagle Abs
5 Reverse Crunch
5 Double D's
5 Infinity Abs

MONDAY

LEGS & CARDIO

Alternating Jump Lunges 8x
Walking lunges 16x

Waist Trainer Challenge
6 Eagle Abs
6 Reverse Crunch
6 Double D's
6 Infinity Abs

TUESDAY

UPPER BODY

Mountain climbers 16x
Side Lateral Arm Raises 16x
Waist Trainer Challenge

7 Eagle Abs
7 Reverse Crunch
7 Double D's
7 Infinity Abs

WEDNESDAY

TOTAL BODY

Lunges 16x
Burpees 4x
Waist Trainer Challenge
8 Eagle Abs
8 Reverse Crunch
8 Double D's
8 Infinity Abs

THURSDAY

ABS & CARDIO

Tuck jumps 16x
Switch Kicks 8x

Waist Trainer Challenge
9 Eagle Abs
9 Reverse Crunch
9 Double D's
9 Infinity Abs

FRIDAY

BUTT

Hip thrust 4x
Single leg hip Thrust 4x

Waist Trainer Challenge
10 Eagle Abs
10 Reverse Crunch
10 Double D's
10 Infinity Abs

SATURDAY

RESTDAY

Check out new Recipe on Proweightloss Program!

NOTES



DAY 16 TO DAY 31

SUNDAY

ABS & OBLIQUES

Wide Side crunch 8x
Standing core stabilizer 8x
Standing knee tuck extension
16x each side

Waist Trainer Challenge
5 Eagle Abs
5 Reverse Crunch
5 Double D's
5 Infinity Abs
5 Accordians

MONDAY

LEGS & CARDIO

Alternating Side lunges 16x
Box jumps with high knees

Waist Trainer Challenge
6 Eagle Abs
6 Reverse Crunch
6 Double D's
6 Infinity Abs
6 Accordians

TUESDAY

UPPER BODY

Press ups 8x
Floor Triceps dips 8x

Waist Trainer Challenge
7 Accordians
7 Eagle Abs
7 Reverse Crunch
7 Double D's
7 Infinity Abs

WEDNESDAY

TOTAL BODY

Bear crawls 16x
Body Weight Squats 8x

Waist Trainer Challenge
8 Eagle Abs
8 Reverse Crunch
8 Double D's
8 Infinity Abs
8 Accordians

THURSDAY

ABS & CARDIO

Jumping lunge 16x
Burpees 4x

Waist Trainer Challenge
9 Eagle Abs
9 Reverse Crunch
9 Double D's
9 Infinity Abs
9 Accordians

FRIDAY

BUTT

Fire Hydrant 8x
Donky kicks 8x

Waist Trainer Challenge
10 Eagle Abs
10 Reverse Crunch
10 Double D's
10 Infinity Abs
10 Accordians

SATURDAY

RESTDAY

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SUNDAY

ABS & OBLIQUES

Side planks 30 secs
Side Planks Dips 16x
Spidermans 16x

Waist Trainer Challenge
5 Eagle Abs
5 Reverse Crunch
5 Double D's
5 Infinity Abs
5 Accordians

MONDAY

LEGS & CARDIO

Pulsing Squats 8x
Walking lunges 16x

Waist Trainer Challenge
6 Eagle Abs
6 Reverse Crunch
6 Double D's
6 Infinity Abs
6 Accordians

TUESDAY

UPPER BODY

Inchworms 8x
Plank raise 8x

Waist Trainer Challenge
7 Accordians
7 Eagle Abs
7 Reverse Crunch
7 Double D's
7 Infinity Abs

WEDNESDAY

TOTAL BODY

Push up 8x
Burpees 8x

Waist Trainer Challenge
8 Eagle Abs
8 Reverse Crunch
8 Double D's
8 Infinity Abs
8 Accordians

THURSDAY

ABS & CARDIO

Plank with bunny
hop 20x

Waist Trainer Challenge
9 Eagle Abs
9 Reverse Crunch
9 Double D's
9 Infinity Abs
9 Accordians

FRIDAY

BUTT

Bulgarian Squats 8x
Curtsy Lunges 4x

Waist Trainer Challenge
10 Eagle Abs
10 Reverse Crunch
10 Double D's
10 Infinity Abs
10 Accordians

SATURDAY

RESTDAY

Check out
new Recipe on
Proweightloss Program!

SUNDAY

ABS & OBLIQUES

Standing side crunch 16x
Side kicks 8x

Waist Trainer Challenge
5 Eagle Abs
5 Reverse Crunch
5 Double D's
5 Infinity Abs
5 Accordians

MONDAY

LEGS & CARDIO

Jumping Squats 6x
Alternating side
lunges 16x

Waist Trainer Challenge
6 Eagle Abs
6 Reverse Crunch
6 Double D's
6 Infinity Abs
6 Accordians

REMINDER

1. For examples of exercises and nutrition please check our Facebook, Youtube Channel and Proweightloss Program.
2. Drink 3 liters of water a day
3. Wear slimbelt everyday
4. Take your Provita Probiotics Daily
5. Add Shape in shake to your breakfast
6. Take a Before and After and post with #CoachBarbie #ProweightlossProgram
7. Join our Free Coaching Session to guide you better
8. Take a Selfie and give us feedback once you finish it.

