




**20 DAYS**    
**NO JUMP**  
**CARDIO**  
*Challenge*

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!



|   |   |   |   |  |   |  |
|---|---|---|---|--|---|--|
| <input type="checkbox"/> 1<br>20 Minutes Parcel Up and Down | <input type="checkbox"/> 2<br>20 Minutes Squat Boxing       | <input type="checkbox"/> 3<br>20 Minutes Crunch Fit tap | <input type="checkbox"/> 4<br>20 Minutes Skater         | <input type="checkbox"/> 5<br>20 Minutes Leg raise to Crunch L | <input type="checkbox"/> 6<br>20 Minutes Lunge Front Kick | <input type="checkbox"/> 7<br>20 Minutes Hydrant Front Kick                          |
| <input type="checkbox"/> 8<br>20 Minutes Mountain Climbing  | <input type="checkbox"/> 9<br>100 Counts Burpees            | <input type="checkbox"/> 10<br>20 Minutes Squat L       | <input type="checkbox"/> 11<br>100 Crisscross Front     | <input type="checkbox"/> 12<br>20 Minutes 20 Squat Crunches    | <input type="checkbox"/> 13<br>20 Minutes Parcel Up       | <input type="checkbox"/> 14<br>20 Minutes Plie                                       |
| <input type="checkbox"/> 15<br>20 Minutes Squat L           | <input type="checkbox"/> 16<br>20 Minutes Squat up and Down | <input type="checkbox"/> 17<br>20 Minutes Squat Pray    | <input type="checkbox"/> 18<br>20 Minutes Feel the Feet | <input type="checkbox"/> 19<br>20 Minutes Front Kick           | <input type="checkbox"/> 20<br>20 Minutes parcel Up       |  |

**RULE**

1. Download this on our website  
 [PROWEIGHTLOSSPROGRAM.STORE](http://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!