



















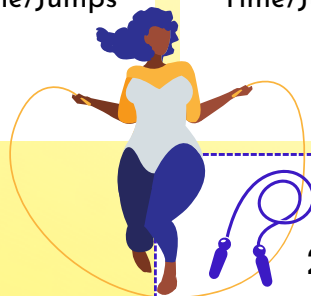
#bwlwJuly

Full Details at BlackWeightLossSuccess.com

BWLW's July Jump Rope Challenge



 1 Time/Jumps	 2 Time/Jumps	 3 Time/Jumps	 4 Time/Jumps	 5 Time/Jumps
 6 Time/Jumps	 7 Time/Jumps	 8 Time/Jumps	 9 Time/Jumps	 10 Time/Jumps
 11 Time/Jumps	 12 Time/Jumps	 13 Time/Jumps	 14 Time/Jumps	 15 Time/Jumps
 16 Time/Jumps	 17 Time/Jumps	 1 18 Time/Jumps	 19 Time/Jumps	 20 Time/Jumps



BlackWeightLossSuccess.com

Last Day! Beat your best time/jump total.

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