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28-DAY PILATES WALL WORKOUT

1 15 scissors 10 hundred 20 swan	2 20 side teaser 10 swan 20 roll-up	3 15 roll-up 20 thigh stretch 10 scissors	4 REST	5 20 hundred 10 swan 20 side teaser	6 15 roll-up 10 thigh stretch 30 swan	7 15 scissors 10 hundred 20 swan
8 REST	9 15 roll-up 10 thigh stretch 30 swan	10 20 side teaser 10 swan 20 roll-up	11 15 roll-up 20 thigh stretch 10 scissors	12 REST	13 20 hundred 10 swan 20 side teaser	14 15 roll-up 10 thigh stretch 30 swan
15 20 side teaser 10 swan 20 roll-up	16 REST	17 15 scissors 10 hundred 20 swan	18 20 side teaser 10 swan 20 roll-up	19 20 hundred 10 swan 20 side teaser	20 REST	21 20 hundred 10 swan 20 side teaser
22 20 side squats 10 up rot 20 crunches	23 15 side stretch 20 leg raises 10 up rot	24 REST	25 15 roll-up 20 thigh stretch 10 scissors	26 15 scissors 10 hundred 20 swan	27 15 roll-up 10 thigh stretch 30 swan	28 REST



ROLL-UP



SIDE STRETCH



SWAN



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