

28-DAY WALL PILATES CHALLENGE



15 single leg bridges
15 side leg raise
15 glute bridges
15 toe elevated glute
bridges
15 half leg kick



16 single leg bridges
16 side leg raise
16 glute bridges
16 toe elevated glute
bridges
16 half leg kick



17 single leg bridges
17 side leg raise
17 glute bridges
17 toe elevated glute
bridges
17 half leg kick



18 single leg bridges
18 side leg raise
18 glute bridges
18 toe elevated glute
bridges
18 half leg kick



19 single leg bridges
19 side leg raise
19 glute bridges
19 toe elevated glute
bridges
19 half leg kick



20 single leg bridges
20 side leg raise
20 glute bridges
20 toe elevated glute
bridges
20 half leg kick



21 single leg bridges
21 side leg raise
21 glute bridges
21 toe elevated glute
bridges
21 half leg kick



22 single leg bridges
22 side leg raise
22 glute bridges
22 toe elevated glute
bridges
22 half leg kick



23 single leg bridges
23 side leg raise
23 glute bridges
23 toe elevated glute
bridges
23 half leg kick



24 single leg bridges
24 side leg raise
24 glute bridges
24 toe elevated glute
bridges
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25 single leg bridges
25 side leg raise
25 glute bridges
25 toe elevated glute
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25 half leg kick



26 single leg bridges
26 side leg raise
26 glute bridges
26 toe elevated glute
bridges
26 half leg kick



27 single leg bridges
27 side leg raise
27 glute bridges
27 toe elevated glute
bridges
27 half leg kick



28 single leg bridges
28 side leg raise
28 glute bridges
28 toe elevated glute
bridges
28 half leg kick



29 single leg bridges
29 side leg raise
29 glute bridges
29 toe elevated glute
bridges
29 half leg kick



30 single leg bridges
30 side leg raise
30 glute bridges
30 toe elevated glute
bridges
30 half leg kick



31 single leg bridges
31 side leg raise
31 glute bridges
31 toe elevated glute
bridges
31 half leg kick



32 single leg bridges
32 side leg raise
32 glute bridges
32 toe elevated glute
bridges
32 half leg kick



33 single leg bridges
33 side leg raise
33 glute bridges
33 toe elevated glute
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33 half leg kick



34 single leg bridges
34 side leg raise
34 glute bridges
34 toe elevated glute
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34 half leg kick



35 single leg bridges
35 side leg raise
35 glute bridges
35 toe elevated glute
bridges
35 half leg kick



36 single leg bridges
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36 glute bridges
36 toe elevated glute
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37 single leg bridges
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37 half leg kick



38 single leg bridges
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42 single leg bridges
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bridges
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