

30 DAY Wall Pilates Challenge



1.

1. Wall Sit Leg Lifts
2. Wall Leg Lifts
3. Wall Push-Up
4. Wall Squats
5. Wall Bridge with Hip Lift

Day 1	Day 2	Day 3	Day 4	Day 5
6 reps each side	6 reps each side	6 reps each side	8 reps each side	8 reps each side
6 reps each side	6 reps each side	6 reps each side	8 reps each side	8 reps each side
6 reps	6 reps	6 reps	8 reps	8 reps
6 reps	6 reps	6 reps	8 reps	8 reps
6 reps	6 reps	6 reps	8 reps	8 reps
Day 6	Day 7	Day 8	Day 9	Day 10



2.

1. Wall Sit Leg Lifts
2. Wall Leg Lifts
3. Wall Push-Up
4. Wall Squats
5. Wall Bridge with Hip Lift

8 reps each side	10 reps each side	10 reps each side	12 reps each side	12 reps each side
8 reps each side	10 reps each side	10 reps each side	12 reps each side	12 reps each side
8 reps	10 reps	10 reps	12 reps	12 reps
8 reps	10 reps	10 reps	12 reps	12 reps
8 reps	10 reps	10 reps	12 reps	12 reps



3.

1. Wall Sit Leg Lifts
2. Wall Leg Lifts
3. Wall Push-Up
4. Wall Squats
5. Wall Bridge with Hip Lift

Day 11	Day 12	Day 13	Day 14	Day 15
14 reps each side	14 reps each side	16 reps each side	16 reps each side	18 reps each side
14 reps each side	14 reps each side	16 reps each side	16 reps each side	18 reps each side
14 reps	14 reps	16 reps	16 reps	18 reps
14 reps	14 reps	16 reps	16 reps	18 reps
14 reps	14 reps	16 reps	16 reps	18 reps



4.

1. Wall Sit Leg Lifts
2. Wall Leg Lifts
3. Wall Push-Up
4. Wall Squats
5. Wall Bridge with Hip Lift

Day 16	Day 17	Day 18	Day 19	Day 20
18 reps each side	20 reps each side	20 reps each side	22 reps each side	22 reps each side
18 reps each side	20 reps each side	20 reps each side	22 reps each side	22 reps each side
18 reps	20 reps	20 reps	22 reps	22 reps
18 reps	20 reps	20 reps	22 reps	22 reps
18 reps	20 reps	20 reps	22 reps	22 reps



5.

1. Wall Sit Leg Lifts
2. Wall Leg Lifts
3. Wall Push-Up
4. Wall Squats
5. Wall Bridge with Hip Lift

Day 21	Day 22	Day 23	Day 24	Day 25
24 reps each side	24 reps each side	26 reps each side	26 reps each side	28 reps each side
24 reps each side	24 reps each side	26 reps each side	26 reps each side	28 reps each side
24 reps	24 reps	26 reps	26 reps	28 reps
24 reps	24 reps	26 reps	26 reps	28 reps
24 reps	24 reps	26 reps	26 reps	28 reps

Day 26	Day 27	Day 28	Day 29	Day 30
28 reps each side	30 reps each side	30 reps each side	32 reps each side	32 reps each side
28 reps each side	30 reps each side	30 reps each side	32 reps each side	32 reps each side
28 reps	30 reps	30 reps	32 reps	32 reps
28 reps	30 reps	30 reps	32 reps	32 reps
28 reps	30 reps	30 reps	32 reps	32 reps

Pilates At Home Fantasy Football This Month

PT Brinkman

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the PT Brinkman text.

Pilates At Home Fantasy Football This Month:

Adopting the Song of Expression: An Emotional Symphony within **Pilates At Home Fantasy Football This Month**

In a world taken by displays and the ceaseless chatter of immediate conversation, the melodic splendor and mental symphony created by the prepared word frequently fade in to the back ground, eclipsed by the persistent sound and distractions that permeate our lives. Nevertheless, situated within the pages of **Pilates At Home Fantasy Football This Month** a stunning literary treasure overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that charming masterpiece conducts viewers on a psychological trip, well unraveling the concealed melodies and profound affect resonating within each carefully crafted phrase. Within the depths of the emotional analysis, we can explore the book is key harmonies, analyze its enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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