

# 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  
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18 half leg kick



19 single leg bridges  
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19 glute bridges  
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19 half leg kick



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



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21 half leg kick



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22 half leg kick



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23 half leg kick



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26 half leg kick



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27 half leg kick



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31 half leg kick



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36 half leg kick



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39 single leg bridges  
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40 toe elevated glute bridges  
40 half leg kick



41 single leg bridges  
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41 glute bridges  
41 toe elevated glute bridges  
41 half leg kick



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

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