

# 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  
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24 toe elevated glute bridges  
24 half leg kick



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



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



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



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



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



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



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



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



35 single leg bridges  
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35 glute bridges  
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35 half leg kick



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



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



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



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



40 single leg bridges  
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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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