

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
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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
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22 toe elevated glute bridges
22 half leg kick



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26 half leg kick



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