

# 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  
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17 glute bridges  
17 toe elevated glute  
bridges  
17 half leg kick



18 single leg bridges  
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19 single leg bridges  
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21 single leg bridges  
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25 half leg kick



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

**JUSTFIT!**

# Nfl Standings Pilates At Home This Month

**L Cohen**

A decorative red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the L Cohen text bar.

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