

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
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23 half leg kick



24 single leg bridges
24 side leg raise
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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
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26 half leg kick



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



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



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



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



31 single leg bridges
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32 single leg bridges
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32 toe elevated glute bridges
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33 single leg bridges
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34 single leg bridges
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35 single leg bridges
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35 toe elevated glute bridges
35 half leg kick



36 single leg bridges
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38 single leg bridges
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39 single leg bridges
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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 toe elevated glute bridges
41 half leg kick



42 single leg bridges
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Christian G. Meyer



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