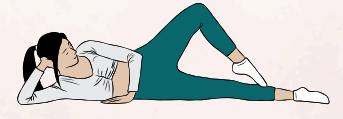
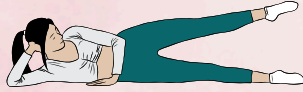


28-DAY WALL PILATES CHALLENGE



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
24 side leg raise
24 glute bridges
24 toe elevated glute bridges
24 half leg kick

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

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

32 single leg bridges
32 side leg raise
32 glute bridges
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
34 side leg raise
34 glute bridges
34 toe elevated glute bridges
34 half leg kick

35 single leg bridges
35 side leg raise
35 glute bridges
35 toe elevated glute bridges
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
37 side leg raise
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

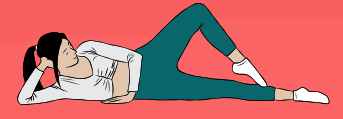
40 single leg bridges
40 side leg raise
40 glute bridges
40 toe elevated glute bridges
40 half leg kick

41 single leg bridges
41 side leg raise
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

JUSTFIT!

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
24 side leg raise
24 glute bridges
24 toe elevated glute bridges
24 half leg kick



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



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



32 single leg bridges
32 side leg raise
32 glute bridges
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
34 side leg raise
34 glute bridges
34 toe elevated glute bridges
34 half leg kick



35 single leg bridges
35 side leg raise
35 glute bridges
35 toe elevated glute bridges
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
37 side leg raise
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
40 side leg raise
40 glute bridges
40 toe elevated glute bridges
40 half leg kick



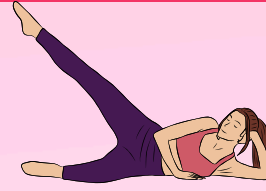
41 single leg bridges
41 side leg raise
41 glute bridges
41 toe elevated glute bridges
41 half leg kick



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

JUSTFIT!

28-DAY WALL PILATES CHALLENGE



15 wall push ups
15 bicycle crunch
15 scissors
15 side leg raises
15 single leg crunch

16 wall push ups
16 bicycle crunch
16 scissors
16 side leg raises
16 single leg crunch

17 wall push ups
17 bicycle crunch
17 scissors
17 side leg raises
17 single leg crunch

18 wall push ups
18 bicycle crunch
18 scissors
18 side leg raises
18 single leg crunch

19 wall push ups
19 bicycle crunch
19 scissors
19 side leg raises
19 single leg crunch

20 wall push ups
20 bicycle crunch
20 scissors
20 side leg raises
20 single leg crunch

21 wall push ups
21 bicycle crunch
21 scissors
21 side leg raises
21 single leg crunch

22 wall push ups
22 bicycle crunch
22 scissors
22 side leg raises
22 single leg crunch

23 wall push ups
23 bicycle crunch
23 scissors
23 side leg raises
23 single leg crunch

24 wall push ups
24 bicycle crunch
24 scissors
24 side leg raises
24 single leg crunch

25 wall push ups
25 bicycle crunch
25 scissors
25 side leg raises
25 single leg crunch

26 wall push ups
26 bicycle crunch
26 scissors
26 side leg raises
26 single leg crunch

27 wall push ups
27 bicycle crunch
27 scissors
27 side leg raises
27 single leg crunch

28 wall push ups
28 bicycle crunch
28 scissors
28 side leg raises
28 single leg crunch

29 wall push ups
29 bicycle crunch
29 scissors
29 side leg raises
29 single leg crunch

30 wall push ups
30 bicycle crunch
30 scissors
30 side leg raises
30 single leg crunch

31 wall push ups
31 bicycle crunch
31 scissors
31 side leg raises
31 single leg crunch

32 wall push ups
32 bicycle crunch
32 scissors
32 side leg raises
32 single leg crunch

33 wall push ups
33 bicycle crunch
33 scissors
33 side leg raises
33 single leg crunch

34 wall push ups
34 bicycle crunch
34 scissors
34 side leg raises
34 single leg crunch

35 wall push ups
35 bicycle crunch
35 scissors
35 side leg raises
35 single leg crunch

36 wall push ups
36 bicycle crunch
36 scissors
36 side leg raises
36 single leg crunch

37 wall push ups
37 bicycle crunch
37 scissors
37 side leg raises
37 single leg crunch

38 wall push ups
38 bicycle crunch
38 scissors
38 side leg raises
38 single leg crunch

39 wall push ups
39 bicycle crunch
39 scissors
39 side leg raises
39 single leg crunch

40 wall push ups
40 bicycle crunch
40 scissors
40 side leg raises
40 single leg crunch

41 wall push ups
41 bicycle crunch
41 scissors
41 side leg raises
41 single leg crunch

42 wall push ups
42 bicycle crunch
42 scissors
42 side leg raises
42 single leg crunch

JUSTFIT!