## 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

20 single leg bridges 20 side leg raise 20 glute bridges 20 toe elevated glute bridges 20 half leg kick

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

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

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

40 single leg bridges 40 side leg raise 40 glute bridges 40 toe elevated glute bridges 40 half leg kick 16 single leg bridges 16 side leg raise 16 glute bridges 16 toe elevated glute bridges 16 half leg kick

21 single leg bridges 21 side leg raise 21 glute bridges 21 toe elevated glute bridges 21 half leg kick

26 single leg bridges 26 side leg raise 26 glute bridges 26 toe elevated glute bridges 26 half leg kick

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

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

41 single leg bridges 41 side leg raise 41 glute bridges 41 toe elevated glute bridges 41 half leg kick 17 single leg bridges 17 side leg raise 17 glute bridges 17 toe elevated glute bridges 17 half leg kick

22 single leg bridges 22 side leg raise 22 glute bridges 22 toe elevated glute bridges 22 half leg kick

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

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

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

42 single leg bridges 42 side leg raise 42 glute bridges 42 toe elevated glute bridges 42 half leg kick 18 single leg bridges 18 side leg raise 18 glute bridges 18 toe elevated glute bridges 18 half leg kick

23 single leg bridges 23 side leg raise 23 glute bridges 23 toe elevated glute bridges 23 half leg kick

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

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

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

19 single leg bridges 19 side leg raise 19 glute bridges 19 toe elevated glute bridges 19 half leg kick

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

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

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

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

## **JUSTFIT!**

## 28-DAY WALL PILATES CHALLENGE









15 single leg bridges	16 single leg bridges	17 single leg bridges	18 single leg bridges	19 single leg bridges
15 side leg raise	16 side leg raise	17 side leg raise	18 side leg raise	19 side leg raise
15 glute bridges	16 glute bridges	17 glute bridges	18 glute bridges	19 glute bridges
15 toe elevated glute	16 toe elevated glute	17 toe elevated glute	18 toe elevated glute	19 toe elevated glute
bridges	bridges	bridges	bridges	bridges
15 half leg kick	16 half leg kick	17 half leg kick	18 half leg kick	19 half leg kick
20 single leg bridges	21 single leg bridges	22 single leg bridges	23 single leg bridges	24 single leg bridges
20 side leg raise	21 side leg raise	22 side leg raise	23 side leg raise	24 side leg raise
20 glute bridges	21 glute bridges	22 glute bridges	23 glute bridges	24 glute bridges
20 toe elevated glute	21 toe elevated glute	22 toe elevated glute	23 toe elevated glute	24 toe elevated glute
bridges	bridges	bridges	bridges	bridges
20 half leg kick	21 half leg kick	22 half leg kick	23 half leg kick	24 half leg kick
25 single leg bridges	26 single leg bridges	27 single leg bridges	28 single leg bridges	29 single leg bridges
25 side leg raise	26 side leg raise	27 side leg raise	28 side leg raise	29 side leg raise
25 glute bridges	26 glute bridges	27 glute bridges	28 glute bridges	29 glute bridges
25 toe elevated glute	26 toe elevated glute	27 toe elevated glute	28 toe elevated glute	29 toe elevated glute
bridges	bridges	bridges	bridges	bridges
25 half leg kick	26 half leg kick	27 half leg kick	28 half leg kick	29 half leg kick
30 single leg bridges	31 single leg bridges	32 single leg bridges	33 single leg bridges	34 single leg bridges
30 side leg raise	31 side leg raise	32 side leg raise	33 side leg raise	34 side leg raise
30 glute bridges	31 glute bridges	32 glute bridges	33 glute bridges	34 glute bridges
30 toe elevated glute	31 toe elevated glute	32 toe elevated glute	33 toe elevated glute	34 toe elevated glute
bridges	bridges	bridges	bridges	bridges
30 half leg kick	31 half leg kick	32 half leg kick	33 half leg kick	34 half leg kick
35 single leg bridges	36 single leg bridges	37 single leg bridges	38 single leg bridges	39 single leg bridges
35 side leg raise	36 side leg raise	37 side leg raise	38 side leg raise	39 side leg raise
35 glute bridges	36 glute bridges	37 glute bridges	38 glute bridges	39 glute bridges
35 toe elevated glute	36 toe elevated glute	37 toe elevated glute	38 toe elevated glute	39 toe elevated glute
bridges	bridges	bridges	bridges	bridges
35 half leg kick	36 half leg kick	37 half leg kick	38 half leg kick	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		USTFIT!

## **28-DAY WALL PILATES** CHALLENGE









15 wall push ups	16 wall push ups	17 wall push ups	<ul> <li>18 wall push ups</li> <li>18 bicycle crunch</li> <li>18 scissors</li> <li>18 side leg raises</li> <li>18 single leg crunch</li> </ul>	19 wall push ups
15 bicycle crunch	16 bicycle crunch	17 bicycle crunch		19 bicycle crunch
15 scissors	16 scissors	17 scissors		19 scissors
15 side leg raises	16 side leg raises	17 side leg raises		19 side leg raises
15 single leg crunch	16 single leg crunch	17 single leg crunch		19 single leg crunch
20 wall push ups	21 wall push ups	22 wall push ups	23 wall push ups	24 wall push ups
20 bicycle crunch	21 bicycle crunch	22 bicycle crunch	23 bicycle crunch	24 bicycle crunch
20 scissors	21 scissors	22 scissors	23 scissors	24 scissors
20 side leg raises	21 side leg raises	22 side leg raises	23 side leg raises	24 side leg raises
20 single leg crunch	21 single leg crunch	22 single leg crunch	23 single leg crunch	24 single leg crunch
25 wall push ups	26 wall push ups	27 wall push ups	28 wall push ups	29 wall push ups
25 bicycle crunch	26 bicycle crunch	27 bicycle crunch	28 bicycle crunch	29 bicycle crunch
25 scissors	26 scissors	27 scissors	28 scissors	29 scissors
25 side leg raises	26 side leg raises	27 side leg raises	28 side leg raises	29 side leg raises
25 single leg crunch	26 single leg crunch	27 single leg crunch	28 single leg crunch	29 single leg crunch
30 wall push ups	31 wall push ups	32 wall push ups	33 wall push ups	34 wall push ups
30 bicycle crunch	31 bicycle crunch	32 bicycle crunch	33 bicycle crunch	34 bicycle crunch
30 scissors	31 scissors	32 scissors	33 scissors	34 scissors
30 side leg raises	31 side leg raises	32 side leg raises	33 side leg raises	34 side leg raises
30 single leg crunch	31 single leg crunch	32 single leg crunch	33 single leg crunch	34 single leg crunch
35 wall push ups	36 wall push ups	37 wall push ups	38 wall push ups	39 wall push ups
35 bicycle crunch	36 bicycle crunch	37 bicycle crunch	38 bicycle crunch	39 bicycle crunch
35 scissors	36 scissors	37 scissors	38 scissors	39 scissors
35 side leg raises	36 side leg raises	37 side leg raises	38 side leg raises	39 side leg raises
35 single leg crunch	36 single leg crunch	37 single leg crunch	38 single leg crunch	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		USTFIT!