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# 28-DAY PILATES WALL WORKOUT

<b>1</b> 15 scissors 10 hundred 20 swan	<b>2</b> 20 side teaser 10 swan 20 roll-up	<b>3</b> 15 roll-up 20 thigh stretch 10 scissors	<b>4</b> <b>REST</b>	<b>5</b> 20 hundred 10 swan 20 side teaser	<b>6</b> 15 roll-up 10 thigh stretch 30 swan	<b>7</b> 15 scissors 10 hundred 20 swan
<b>8</b> <b>REST</b>	<b>9</b> 15 roll-up 10 thigh stretch 30 swan	<b>10</b> 20 side teaser 10 swan 20 roll-up	<b>11</b> 15 roll-up 20 thigh stretch 10 scissors	<b>12</b> <b>REST</b>	<b>13</b> 20 hundred 10 swan 20 side teaser	<b>14</b> 15 roll-up 10 thigh stretch 30 swan
<b>15</b> 20 side teaser 10 swan 20 roll-up	<b>16</b> <b>REST</b>	<b>17</b> 15 scissors 10 hundred 20 swan	<b>18</b> 20 side teaser 10 swan 20 roll-up	<b>19</b> 20 hundred 10 swan 20 side teaser	<b>20</b> <b>REST</b>	<b>21</b> 20 hundred 10 swan 20 side teaser
<b>22</b> 20 side squats 10 up rot 20 crunches	<b>23</b> 15 side stretch 20 leg raises 10 up rot	<b>24</b> <b>REST</b>	<b>25</b> 15 roll-up 20 thigh stretch 10 scissors	<b>26</b> 15 scissors 10 hundred 20 swan	<b>27</b> 15 roll-up 10 thigh stretch 30 swan	<b>28</b> <b>REST</b>



ROLL-UP



SIDE STRETCH



SWAN



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