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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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*Ladies' Home Journal* ,2005     *The Ladies' Home Journal* ,2005     *Japan Weekly Mail* ,1899     **Debates** Canada. Parliament. House of Commons,1884     Moore's Rural New-Yorker ,1895     **"The" Illustrated London News** ,1874

**Increase Fertility and Achieve Conception the Natural Way** Anne Charlish,Kim Davies,2005 This invaluable guide is an ideal companion for anyone seeking to maximize their chance of conception offering a healthy start to pregnancy through alternative regimes and holistic techniques All the most commonly asked questions are answered thoroughly and sensitively the issues surrounding the decision to have a baby planning an approach that includes eating the correct foods and the right type of exercise understanding which factors count for and against a successful conception and knowing when to seek professional help Despite a strong emphasis on how natural therapies support conception all the conventional wisdom is also found here     *The Christian Union* ,1886     **Great Thoughts from Master Minds** ,1889     **The United States Patents**

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