

V77 Challenges

Wall Pilates Challenge

	Day 1	5 Repetitions		Day 17	25 Repetitions
	Day 2	5 Repetitions		Day 18	25 Repetitions
	Day 3	5 Repetitions		Day 19	25 Repetitions
Day 4 Rest Day			Day 20 Rest Day		
	Day 5	10 Repetitions		Day 21	30 Repetitions
	Day 6	10 Repetitions		Day 22	30 Repetitions
	Day 7	10 Repetitions		Day 23	30 Repetitions
Day 8 Rest Day			Day 24 Rest Day		
	Day 9	15 Repetitions		Day 25	35 Repetitions
	Day 10	15 Repetitions		Day 26	35 Repetitions
	Day 11	15 Repetitions		Day 27	35 Repetitions
Day 12 Rest Day			Day 28 Rest Day		
	Day 13	20 Repetitions		Day 29	40 Repetitions
	Day 14	20 Repetitions		Day 30	40 Repetitions
	Day 15	20 Repetitions			
Day 16 Rest Day					

REMINDERS

Half or double the numbers if you need to

NOTES

 Wall Bridge
 Wall Angels
 Wall Clam