

# PILATES WALL WORKOUT CHART

## WEEK 1

**MONDAY**  
 20 SEC SUPPORTED WALL SQUAT  
 20 SEC SIDE LEG CURL  
 20 SEC WALL TOUCH

**WEDNESDAY**  
 40 SEC UNILATERAL WALL SQUAT  
 20 SEC ACTIVE CALF STRETCH  
 20 SEC OPPOSITE THE REACH

**FRIDAY**  
 20 SEC SUPPORTED WALL SQUAT  
 20 SEC SIDE LEG CURL  
 20 SEC WALL TOUCH

**TUESDAY**  
 20 SEC DOUBLE KNEE BEND  
 20 SEC WALL PUSH-UPS  
 20 SEC SQUATS

**THURSDAY**  
 20 SEC SUPPORTED SPINE TWIST  
 20 SEC WALL PUSH-UPS  
 20 SEC OPPOSITE THE REACH

**WEEKEND**  
**REST**



## WEEK 2

**MONDAY**  
 20 SEC SIDE LEG CURL  
 20 SEC WALL TOUCH  
 20 SEC SIT UP

**TUESDAY**  
 20 SEC ACTIVE CALF STRETCH  
 20 SEC OPPOSITE THE REACH  
 20 SEC WALL SQUAT

**WEDNESDAY**  
 20 SEC UNILATERAL WALL SQUAT  
 20 SEC SIDE LEG CURL  
 20 SEC OPPOSITE THE REACH



## WEEK 3

**MONDAY**  
 20 SEC SPINE TWIST  
 20 SEC UNILATERAL WALL SQUAT  
 20 SEC DOUBLE KNEE BEND

**TUESDAY**  
 20 SEC ACTIVE CALF STRETCH  
 20 SEC OPPOSITE THE REACH  
 20 SEC WALL SQUAT

**WEDNESDAY**  
 20 SEC SUPPORTED SPINE TWIST  
 20 SEC WALL PUSH-UPS  
 20 SEC OPPOSITE THE REACH



## WEEK 4

**MONDAY**  
 20 SEC ACTIVE CALF STRETCH  
 20 SEC OPPOSITE THE REACH  
 40 SEC WALL SQUAT

**TUESDAY**  
 20 SEC SUPPORTED SPINE TWIST  
 20 SEC WALL PUSH-UPS  
 20 SEC OPPOSITE THE REACH

**WEDNESDAY**  
 20 SEC UNILATERAL WALL SQUAT  
 20 SEC ACTIVE CALF STRETCH  
 20 SEC DOUBLE KNEE BEND



## WEEK 5

**MONDAY**  
 20 SEC SUPPORTED SPINE TWIST  
 20 SEC WALL PUSH-UPS  
 20 SEC OPPOSITE THE REACH

**TUESDAY**  
 20 SEC SIDE LEG CURL  
 20 SEC WALL TOUCH  
 20 SEC SIT UP

**WEDNESDAY**  
 20 SEC ACTIVE CALF STRETCH  
 20 SEC OPPOSITE THE REACH  
 20 SEC WALL SQUAT



# Easy Pilates For Beginners 2025

**DJ Losen**



## **Easy Pilates For Beginners 2025:**

## Embracing the Melody of Expression: An Psychological Symphony within **Easy Pilates For Beginners 2025**

In some sort of consumed by displays and the ceaseless chatter of quick conversation, the melodic elegance and emotional symphony developed by the published term frequently disappear into the backdrop, eclipsed by the constant sound and disruptions that permeate our lives. However, located within the pages of **Easy Pilates For Beginners 2025** a charming fictional treasure full of raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that captivating masterpiece conducts viewers on an emotional journey, well unraveling the concealed melodies and profound affect resonating within each carefully crafted phrase. Within the depths of the poignant examination, we will explore the book is key harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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