

# PILATES WALL WORKOUT CHART

## WEEK 1

- MONDAY**
  - 20 SEC SUPPORTED WALL SQUAT
  - 20 SEC ONE LEG STRETCH
  - 20 SEC WALL TOUCH
- TUESDAY**
  - 20 SEC DOUBLE KNEE BEND
  - 20 SEC WALL PUSH-UPS
  - 20 SEC SQUATS
- WEDNESDAY**
  - 40 SEC UNILATERAL WALL SQUAT
  - 20 SEC ACTIVE CALF STRETCH
  - 20 SEC OPPOSITE THE REACH
- THURSDAY**
  - 20 SEC SUPPORTED SPINE TWIST
  - 20 SEC WALL PUSH-UPS
  - 20 SEC OPPOSITE THE REACH
- FRIDAY**
  - 20 SEC SUPPORTED WALL SQUAT
  - 20 SEC ONE LEG STRETCH
  - 20 SEC WALL TOUCH
- WEEKEND REST**



## WEEK 2

- MONDAY**
  - 20 SEC ONE LEG STRETCH
  - 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 SUPPORTED WALL SQUAT
  - 20 SEC ONE LEG STRETCH
  - 20 SEC OPPOSITE THE REACH



## WEEK 3

- MONDAY**
  - 20 SEC ONE LEG STRETCH
  - 20 SEC UNILATERAL WALL SQUAT
  - 20 SEC WALL TOUCH
- 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 ONE LEG STRETCH
  - 20 SEC UNILATERAL WALL SQUAT
  - 20 SEC WALL TOUCH



## WEEK 5

- MONDAY**
  - 20 SEC SUPPORTED SPINE TWIST
  - 20 SEC WALL PUSH-UPS
  - 20 SEC OPPOSITE THE REACH
- TUESDAY**
  - 20 SEC ONE LEG STRETCH
  - 20 SEC WALL TOUCH
  - 20 SEC SIT UP
- WEDNESDAY**
  - 20 SEC ACTIVE CALF STRETCH
  - 20 SEC OPPOSITE THE REACH
  - 20 SEC WALL SQUAT



# How To Pilates For Beginners 2025 For Beginners

**Anthony S. Fauci**



## **How To Pilates For Beginners 2025 For Beginners:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **How To Pilates For Beginners 2025 For Beginners**

In a world inundated with displays and the cacophony of immediate transmission, the profound power and mental resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, nestled within the lyrical pages of **How To Pilates For Beginners 2025 For Beginners**, a captivating function of literary brilliance that impulses with natural emotions, lies an wonderful trip waiting to be embarked upon. Composed with a virtuoso wordsmith, this mesmerizing opus instructions visitors on a mental odyssey, softly revealing the latent potential and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is main subjects, dissect their charming writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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