

28 DAY WALL PILATES FOR BEGINNERS

1

- 30 SEC SUPPORTED ROLL DOWN
- 10 SEC SIDE LEG SWING
- 30 SEC WALL CRUNCH
- 30 SEC WALL SIT

2

- 40 SEC UNILATERAL WALL SLIDES
- 15 SEC ACTIVE CALF STRETCH
- 40 SEC WALL ANGEL

3

- 30 SEC SUPPORTED ROLL DOWN
- 10 SEC SIDE LEG SWING
- 30 SEC WALL CRUNCH
- 20 SEC WALL SIT

4

- 40 SEC UNILATERAL WALL SLIDES
- 15 SEC ACTIVE CALF STRETCH
- 40 SEC WALL ANGEL

5

- 25 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 35 SEC WALL CRUNCH
- 25 SEC WALL SIT

6

- 45 SEC UNILATERAL WALL SLIDES
- 20 SEC ACTIVE CALF STRETCH
- 45 SEC WALL ANGEL

7

- 37 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 37 SEC WALL CRUNCH
- 25 SEC WALL SIT

8

- 45 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 45 SEC WALL ANGEL

9

- 37 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 37 SEC WALL CRUNCH
- 25 SEC WALL SIT

10

- 45 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 45 SEC WALL ANGEL

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- 39 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 39 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 47 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 47 SEC WALL ANGEL

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- 40 SEC SUPPORTED ROLL DOWN
- 20 SEC SIDE LEG SWING
- 40 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 30 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 30 SEC WALL ANGEL

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- 40 SEC SUPPORTED ROLL DOWN
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- 25 SEC WALL SIT

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- 50 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 50 SEC WALL ANGEL

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- 45 SEC SUPPORTED ROLL DOWN
- 20 SEC SIDE LEG SWING
- 45 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 50 SEC UNILATERAL WALL SLIDES
- 30 SEC ACTIVE CALF STRETCH
- 50 SEC WALL ANGEL

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- 45 SEC SUPPORTED ROLL DOWN
- 25 SEC SIDE LEG SWING
- 45 SEC WALL CRUNCH
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- 35 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 35 SEC WALL ANGEL

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- 50 SEC SUPPORTED ROLL DOWN
- 25 SEC SIDE LEG SWING
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- 30 SEC WALL SIT

22

- 60 SEC UNILATERAL WALL SLIDES
- 40 SEC ACTIVE CALF STRETCH
- 60 SEC WALL ANGEL

23

- 35 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 35 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 45 SEC UNILATERAL WALL SLIDES
- 20 SEC ACTIVE CALF STRETCH
- 45 SEC WALL ANGEL

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- 35 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 35 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 47 SEC UNILATERAL WALL SLIDES
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- 45 SEC SUPPORTED ROLL DOWN
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- 50 SEC UNILATERAL WALL SLIDES
- 30 SEC ACTIVE CALF STRETCH
- 50 SEC WALL ANGEL



Beginner Friendly Pilates For Beginners Guide For Beginners

Richard Bailey



Beginner Friendly Pilates For Beginners Guide For Beginners:

Whispering the Strategies of Language: An Emotional Quest through **Beginner Friendly Pilates For Beginners Guide For Beginners**

In a digitally-driven earth wherever screens reign great and instant transmission drowns out the subtleties of language, the profound strategies and emotional nuances hidden within words frequently go unheard. However, situated within the pages of **Beginner Friendly Pilates For Beginners Guide For Beginners** a fascinating literary prize sporting with natural thoughts, lies a fantastic journey waiting to be undertaken. Written by a talented wordsmith, that charming opus encourages readers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very fabric of each and every word. Within the psychological depths of this moving review, we will embark upon a sincere exploration of the book's core styles, dissect its captivating publishing fashion, and yield to the powerful resonance it evokes serious within the recesses of readers hearts.

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