

PILATES WALL WORKOUT CHART

WEEK 1

MONDAY

10 SET SUPPORTED WALL SQUAT
10 SET WALL LUNGE
10 SET WALL SQUAT

WEDNESDAY

10 SET BRACKET WALL SQUAT
10 SET BRACKET WALL SQUAT
10 SET OPPOSITE THE REACH

FRIDAY

10 SET SUPPORTED WALL SQUAT
10 SET WALL LUNGE
10 SET WALL SQUAT

TUESDAY

10 SET BRACKET WALL SQUAT
10 SET WALL PUSH-UP
10 SET SQUAT

THURSDAY

10 SET SUPPORTED SQUAT
10 SET WALL PUSH-UP
10 SET OPPOSITE THE REACH

WEEKEND

REST



WEEK 2

MONDAY

10 SET WALL LUNGE
10 SET WALL SQUAT
10 SET WALL SQUAT

TUESDAY

10 SET BRACKET WALL SQUAT
10 SET OPPOSITE THE REACH
10 SET WALL SQUAT

WEDNESDAY

10 SET BRACKET WALL SQUAT
10 SET WALL LUNGE
10 SET OPPOSITE THE REACH



WEEK 3

MONDAY

10 SET WALL LUNGE
10 SET BRACKET WALL SQUAT
10 SET WALL SQUAT

TUESDAY

10 SET BRACKET WALL SQUAT
10 SET OPPOSITE THE REACH
10 SET WALL SQUAT

WEDNESDAY

10 SET SUPPORTED SQUAT
10 SET WALL PUSH-UP
10 SET OPPOSITE THE REACH



WEEK 4

MONDAY

10 SET BRACKET WALL SQUAT
10 SET OPPOSITE THE REACH
10 SET WALL SQUAT

TUESDAY

10 SET SUPPORTED SQUAT
10 SET WALL PUSH-UP
10 SET OPPOSITE THE REACH

WEDNESDAY

10 SET BRACKET WALL SQUAT
10 SET WALL LUNGE
10 SET OPPOSITE THE REACH



WEEK 5

MONDAY

10 SET SUPPORTED SQUAT
10 SET WALL PUSH-UP
10 SET OPPOSITE THE REACH

TUESDAY

10 SET WALL LUNGE
10 SET WALL SQUAT
10 SET WALL SQUAT

WEDNESDAY

10 SET BRACKET WALL SQUAT
10 SET OPPOSITE THE REACH
10 SET WALL SQUAT



Best Way To Pilates For Beginners 2025 For Beginners

Wenbin Ji



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