

# 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



# Top Method For Pilates For Beginners 2025

**M Walker**



## **Top Method For Pilates For Beginners 2025:**

## Adopting the Tune of Appearance: An Mental Symphony within **Top Method For Pilates For Beginners 2025**

In a world taken by displays and the ceaseless chatter of instantaneous connection, the melodic splendor and mental symphony developed by the prepared term often diminish in to the background, eclipsed by the relentless sound and distractions that permeate our lives. But, set within the pages of **Top Method For Pilates For Beginners 2025** a stunning literary treasure overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that charming masterpiece conducts viewers on a psychological journey, well unraveling the hidden melodies and profound influence resonating within each carefully crafted phrase. Within the depths with this poignant review, we can discover the book is main harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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