

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 TOUCH

WEDNESDAY

20 SEC UNILATERAL WALL SQUAT
20 SEC WALL PUSH-UPS
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 TOUCH

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 TOUCH

TUESDAY

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

WEDNESDAY

20 SEC UNILATERAL WALL SQUAT
20 SEC UNILATERAL WALL SQUAT
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 TOUCH



Best Pilates For Beginners 2025 For Creators 8154

Daniela Niemeyer



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