

# PILATES WALL WORKOUT CHART

## WEEK 1

- MONDAY**
  - 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 STRETCH
- 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 SIDE LEG CURL
  - 20 SEC WALL TOUCH
- WEEKEND REST**



## WEEK 2

- MONDAY**
  - 20 SEC SIDE LEG CURL
  - 20 SEC WALL TOUCH
  - 20 SEC WALL SIT
- TUESDAY**
  - 20 SEC ACTIVE CALF STRETCH
  - 20 SEC OPPOSITE THE REACH
  - 20 SEC WALL SQUAT
- WEDNESDAY**
  - 20 SEC SUPPORTED WALL SQUAT
  - 20 SEC SIDE LEG CURL
  - 20 SEC STRETCHING TWIST



## WEEK 3

- MONDAY**
  - 20 SEC SIDE LEG CURL
  - 20 SEC UNILATERAL WALL SQUAT
  - 20 SEC DOUBLE KNEE BEND
- 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 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 WALL SIT
- WEDNESDAY**
  - 20 SEC ACTIVE CALF STRETCH
  - 20 SEC OPPOSITE THE REACH
  - 20 SEC WALL SQUAT



# Why Pilates For Beginners Ideas For Experts 11080

**Clemens Wendtner**



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web there are five ways to find if two triangles are congruent sss sas asa aas and hl 1 sss side side side sss stands for side side side and means that we have two triangles with all three sides equal for example is congruent to see solving sss triangles to find out more

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web triangle congruence by sss and sas before you can ever start with proofs your students need to have a clear understanding of what makes sides and angles of triangles congruent this lesson on triangle congruence by sss and sas is one of the more memorization based lessons to teach

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web if all three pairs of corresponding sides are congruent the triangles are congruent this congruence shortcut is known as side side side sss another shortcut is side angle side sas where two pairs of sides and the angle between them are known to be congruent

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web side side side postulate if three sides of one triangle are congruent to three sides of another triangle then the two triangles are congruent sas postulate if two sides and the included angle of one triangle are congruent to two sides and the included angle of another triangle then the two triangles are congruent

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web section 4 2 sas and sss g 2 1 identify necessary and sufficient conditions for congruence and similarity in triangles and use these conditions in proofs

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web asa if two angles and the included side of one triangle are congruent to the corresponding parts of another triangle then the triangles are congruent sas if any two angles and the included side are the same in both

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web quiz 1 using either sss or sas determine which triangles are congruent quiz 2 to write the congruence statement match the corresponding vertices since the side opposite r corresponding to the side opposite i r corresponding to i quiz 3 use what you have learned to solve for what is presented what are the sss and sas theorems

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web sal introduces and justifies the sss sas asa and aas postulates for congruent triangles he also shows that aaa is only good for similarity for ssa better to watch next video

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web nov 22 2022 ab qr bc rp and ca pq hence  $\Delta abc \cong \Delta qrp$  sas side angle side in the postulate of sas in comparison among two triangles if two sides and the angle included between two sides are equal then it satisfies the condition of sas in the above given figure we can see that