

# 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 SITTING

### 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

### 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 WALL TOUCH

### 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  
20 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 WALL TOUCH  
20 SEC OPPOSITE THE REACH



## 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 TOUCH



# How To Pilates For Beginners 2025 For Experts

**M Tight**



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