

PILATES WALL WORKOUT CHART

WEEK 1

MONDAY

15 SEC SUPPORTED WALL SQUAT
15 SEC WALL LUNGE
15 SEC WALL SQUAT

WEDNESDAY

15 SEC BRACKET WALL SQUAT
15 SEC WALL LUNGE
15 SEC OPPOSITE THE REACH

FRIDAY

15 SEC SUPPORTED WALL SQUAT
15 SEC WALL LUNGE
15 SEC WALL SQUAT

TUESDAY

15 SEC WALL LUNGE
15 SEC WALL SQUAT
15 SEC SQUAT

THURSDAY

15 SEC SUPPORTED SQUAT
15 SEC WALL LUNGE
15 SEC OPPOSITE THE REACH

WEEKEND

REST



WEEK 2

MONDAY

15 SEC WALL LUNGE
15 SEC WALL SQUAT
15 SEC SQUAT

TUESDAY

15 SEC BRACKET WALL SQUAT
15 SEC OPPOSITE THE REACH
15 SEC WALL SQUAT

WEDNESDAY

15 SEC SUPPORTED WALL SQUAT
15 SEC WALL LUNGE
15 SEC OPPOSITE THE REACH



WEEK 3

MONDAY

15 SEC WALL LUNGE
15 SEC BRACKET WALL SQUAT
15 SEC WALL SQUAT

TUESDAY

15 SEC BRACKET WALL SQUAT
15 SEC OPPOSITE THE REACH
15 SEC WALL SQUAT

WEDNESDAY

15 SEC SUPPORTED SQUAT
15 SEC WALL LUNGE
15 SEC OPPOSITE THE REACH



WEEK 4

MONDAY

15 SEC BRACKET WALL SQUAT
15 SEC OPPOSITE THE REACH
15 SEC WALL SQUAT

TUESDAY

15 SEC SUPPORTED SQUAT
15 SEC WALL LUNGE
15 SEC OPPOSITE THE REACH

WEDNESDAY

15 SEC BRACKET WALL SQUAT
15 SEC OPPOSITE THE REACH
15 SEC WALL SQUAT



WEEK 5

MONDAY

15 SEC SUPPORTED SQUAT
15 SEC WALL LUNGE
15 SEC OPPOSITE THE REACH

TUESDAY

15 SEC WALL LUNGE
15 SEC WALL SQUAT
15 SEC SQUAT

WEDNESDAY

15 SEC BRACKET WALL SQUAT
15 SEC OPPOSITE THE REACH
15 SEC WALL SQUAT



Best Way To Pilates For Beginners 2025 For Beginners

Zara Madrusan, Michael Madrusan

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