

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 BRACKET WALL SQUAT
15 SEC OPPOSITE THE REACH

FRIDAY

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

TUESDAY

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

THURSDAY

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

WEEKEND

REST



WEEK 2

MONDAY

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

TUESDAY

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

WEDNESDAY

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



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 SQUAT
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 SQUAT
15 SEC OPPOSITE THE REACH

WEDNESDAY

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



WEEK 5

MONDAY

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

TUESDAY

15 SEC WALL LUNGE
15 SEC WALL SQUAT
15 SEC WALL 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

Marcel A. Müller



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In a digitally-driven world where displays reign supreme and immediate conversation drowns out the subtleties of language, the profound techniques and mental subtleties hidden within phrases often get unheard. However, located within the pages of **Best Way To Pilates For Beginners 2025 For Beginners** a fascinating fictional treasure sporting with natural feelings, lies an exceptional quest waiting to be undertaken. Published by a talented wordsmith, that charming opus encourages readers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the cloth of each and every word. Within the psychological depths with this touching review, we can embark upon a sincere exploration of the book is core subjects, dissect its interesting writing type, and succumb to the effective resonance it evokes serious within the recesses of readers hearts.

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