

# PILATES WALL WORKOUT CHART

## WEEK 1

- MONDAY**
  - 20 SEC SUPPORTED WALL SQUAT
  - 20 SEC ONE LEG STRETCH
  - 20 SEC WALL TOUCH
- TUESDAY**
  - 20 SEC DOUBLE KNEE BEND
  - 20 SEC WALL PUSH-UPS
  - 20 SEC SQUATS
- 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 ONE LEG STRETCH
  - 20 SEC WALL TOUCH
- WEEKEND REST**



## WEEK 2

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



## WEEK 3

- MONDAY**
  - 20 SEC ONE LEG STRETCH
  - 20 SEC UNILATERAL WALL SQUAT
  - 20 SEC WALL TOUCH
- 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 WALL TOUCH
  - 20 SEC ONE LEG STRETCH
  - 20 SEC UNILATERAL SQUAT



## WEEK 5

- MONDAY**
  - 20 SEC SUPPORTED SPINE TWIST
  - 20 SEC WALL PUSH-UPS
  - 20 SEC OPPOSITE THE REACH
- TUESDAY**
  - 20 SEC ONE LEG STRETCH
  - 20 SEC WALL TOUCH
  - 20 SEC WALL SIT
- WEDNESDAY**
  - 20 SEC ACTIVE CALF STRETCH
  - 20 SEC OPPOSITE THE REACH
  - 20 SEC WALL SQUAT



# Simple Pilates For Beginners 2025

**IM Harris**



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web please come up and recieve a chip red chip this is for 30 days of continuous success it is red reminding us of the blood

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web answer the following questions based on the solubility curve below which salt is least soluble in water at 20 c 2 how many grams of potassium chloride can be dissolved in 200 g of water at 80 c 3 at 40 c how much potassium nitrate can be dissolved in 300 g of water at 40 c 4 which salt shows the least change

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web solvents the larger volume of the mixture and solutes the smaller volume of the mixture for example a hot chocolate is a solution in which the solute the chocolate powder is dissolved in the solvent the milk or water the solute and solvent can be **solubility curve lab sheet docx course hero** - Feb 03 2022

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web question solubility curve of potassium nitrate purpose in this experiment you will determine the solubilities of potassium nitrate in water at various temperatures and construct a solubility curve for knoy

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web they should be able to come up with the following answers stir the water increase the temperature and increase the amount of water alternately you may challenge the students to a contest

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web use a solubility curve to determine whether a solution is saturated or unsaturated and to estimate the amount of excess solute that remains undissolved in the solution

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web give results of all calculations in blue cells you must put your answers in the indicated cells as the grade book pulls your data from those cells do not put any units in the number cells use the unit boxes given graph tab transfer from data page the temp and concentration of salt in units of g salt 100 g water

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web 30 09 99 solubility curves class data write down the data answer questions on bottom of the sheet results of lab solubility of  $\text{KClO}_3$  unsaturated saturation and solubility curves in this experiment we expressed concentration in units of g solute g  $\text{H}_2\text{O}$  putting concentrations in g solute g solution would be tedious and impractical see fig 2

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web use the solubility curve to answer these questions determine how much potassium nitrate will dissolve in 20 g of water at 40 c 200 cm<sup>3</sup> of saturated lead ii nitrate solution was prepared at a temperature of 90 c

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web collect experimental data and create a solubility curve by the end of this lab students should be able to properly use an analytical balance to measure mass set up an experimental work station to measure the solubility of a salt in water as a function of the temperature generate a workbook using google sheets prior knowledge

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web sample answer sugar has a much greater solubility in hot water than cold water so its solubility curve probably resembles the sloping solubility curve of potassium nitrate temperature solubility g 100 ml 10 c 36 g 100 ml 20 c 36 g 100 ml 30 c 37 g 100 ml 40 c 37 g 100 ml 50 c 38 g 100 ml 60 c 38 g 100 ml 70 c 39 g 100 ml 80

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web 2 days ago study with quizlet and memorize flashcards containing terms like to test the hypothesis above you changed the of the solvent and measured the of a solid therefore the independent variable was and the dependent variable was the results of this lab experiment the hypothesis and more

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web may 29 2018 figure 2 the graph shows the solubility curve of potassium nitrate with corresponding temperatures as the temperature increases so does the solubility of the solution a y 0 2 1 61 b y 0 2 1 61 0 60 2 1 60 61 0 40 2 1 40 61 8 5 g 100 ml 4 6 g 100 ml

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web mar 15 2021 this experiment will further develop your understanding of thermodynamics while relating it to two concepts you already have studied equilibrium and solubility you will determine three thermodynamic values associated with the solubility of potassium nitrate the reaction we will be studying is the dissolution of potassium nitrate in water

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web analysis construct a solubility curve using the mass of solute that will dissolve in 100 g of water at a specified temperature in this lab 5 ml of water was used assume 1 0 g ml of water take the collected data make it proportional to get the solubility of the kno3 graph temperature vs solubility using a best fit curve

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