

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 SQUATS

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 UP

TUESDAY
 20 SEC ACTIVE CALF STRETCH
 20 SEC OPPOSITE THE REACH
 20 SEC WALL SQUAT

WEDNESDAY
 20 SEC UNILATERAL WALL SQUAT
 20 SEC SIDE LEG CURL
 20 SEC OPPOSITE THE REACH



WEEK 3

MONDAY
 20 SEC SPINE TWIST
 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 ACTIVE CALF STRETCH
 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 SIT UP

WEDNESDAY
 20 SEC ACTIVE CALF STRETCH
 20 SEC OPPOSITE THE REACH
 20 SEC WALL SQUAT



Quick Pilates For Beginners Guide 23523 62187

Daniel F McAuley



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Quick Pilates For Beginners Guide 23523 62187: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have captivated audiences this year. Quick Pilates For Beginners Guide 23523 62187 : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Quick Pilates For Beginners Guide 23523 62187 : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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