

# 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

**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 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 SIT

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



# How To Pilates For Beginners 2025 For Experts

**Lauren Gardner**



## **How To Pilates For Beginners 2025 For Experts:**

The Enigmatic Realm of **How To Pilates For Beginners 2025 For Experts**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **How To Pilates For Beginners 2025 For Experts** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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