

PILATES WALL WORKOUT CHART

WEEK 1

- MONDAY**
 - 10 SET SUPPORTED WALL SQUAT
 - 10 SET WALL LUNGES
 - 10 SET WALL SQUATS
- WEDNESDAY**
 - 10 SET BRIDGE WALL SQUAT
 - 10 SET WALL SQUAT
 - 10 SET OPPOSITE THE REACH
- FRIDAY**
 - 10 SET SUPPORTED WALL SQUAT
 - 10 SET WALL LUNGES
 - 10 SET WALL SQUATS
- TUESDAY**
 - 10 SET BRIDGE WALL SQUAT
 - 10 SET WALL LUNGES
 - 10 SET OPPOSITE THE REACH
- THURSDAY**
 - 10 SET SUPPORTED SQUAT
 - 10 SET WALL PUSH-UPS
 - 10 SET OPPOSITE THE REACH
- WEEKEND**
REST



WEEK 2

- MONDAY**
 - 10 SET WALL LUNGES
 - 10 SET WALL SQUAT
 - 10 SET WALL SQUAT
- TUESDAY**
 - 10 SET BRIDGE WALL SQUAT
 - 10 SET OPPOSITE THE REACH
 - 10 SET WALL SQUAT
- WEDNESDAY**
 - 10 SET BRIDGE WALL SQUAT
 - 10 SET WALL LUNGES
 - 10 SET OPPOSITE THE REACH



WEEK 3

- MONDAY**
 - 10 SET WALL LUNGES
 - 10 SET BRIDGE WALL SQUAT
 - 10 SET WALL SQUAT
- TUESDAY**
 - 10 SET BRIDGE WALL SQUAT
 - 10 SET OPPOSITE THE REACH
 - 10 SET WALL SQUAT
- WEDNESDAY**
 - 10 SET SUPPORTED SQUAT
 - 10 SET WALL PUSH-UPS
 - 10 SET OPPOSITE THE REACH



WEEK 4

- MONDAY**
 - 10 SET BRIDGE WALL SQUAT
 - 10 SET OPPOSITE THE REACH
 - 10 SET WALL SQUAT
- TUESDAY**
 - 10 SET SUPPORTED SQUAT
 - 10 SET WALL PUSH-UPS
 - 10 SET OPPOSITE THE REACH
- WEDNESDAY**
 - 10 SET BRIDGE WALL SQUAT
 - 10 SET WALL LUNGES
 - 10 SET OPPOSITE THE REACH



WEEK 5

- MONDAY**
 - 10 SET SUPPORTED SQUAT
 - 10 SET WALL PUSH-UPS
 - 10 SET OPPOSITE THE REACH
- TUESDAY**
 - 10 SET BRIDGE WALL SQUAT
 - 10 SET WALL SQUAT
 - 10 SET WALL SQUAT
- WEDNESDAY**
 - 10 SET BRIDGE WALL SQUAT
 - 10 SET OPPOSITE THE REACH
 - 10 SET WALL SQUAT



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