

# PILATES WALL WORKOUT CHART

## WEEK 1

- MONDAY**
  - 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 STRETCH
- 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 SIDE LEG CURL
  - 20 SEC WALL TOUCH
- WEEKEND REST**



## WEEK 2

- MONDAY**
  - 20 SEC SIDE LEG CURL
  - 20 SEC WALL TOUCH
  - 20 SEC WALL 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 STRETCHING TWIST



## 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 UNILATERAL WALL SQUAT
  - 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 WALL SIT
- WEDNESDAY**
  - 20 SEC ACTIVE CALF STRETCH
  - 20 SEC OPPOSITE THE REACH
  - 20 SEC WALL SQUAT



# Easy Pilates For Beginners 2025

**Thirumalaisamy P.  
Velavancorresponding**



## **Easy Pilates For Beginners 2025:**

This book delves into Easy Pilates For Beginners 2025. Easy Pilates For Beginners 2025 is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Easy Pilates For Beginners 2025, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
  - Chapter 1: Introduction to Easy Pilates For Beginners 2025
  - Chapter 2: Essential Elements of Easy Pilates For Beginners 2025
  - Chapter 3: Easy Pilates For Beginners 2025 in Everyday Life
  - Chapter 4: Easy Pilates For Beginners 2025 in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Easy Pilates For Beginners 2025. This chapter will explore what Easy Pilates For Beginners 2025 is, why Easy Pilates For Beginners 2025 is vital, and how to effectively learn about Easy Pilates For Beginners 2025.
3. In chapter 2, this book will delve into the foundational concepts of Easy Pilates For Beginners 2025. This chapter will elucidate the essential principles that need to be understood to grasp Easy Pilates For Beginners 2025 in its entirety.
4. In chapter 3, this book will examine the practical applications of Easy Pilates For Beginners 2025 in daily life. This chapter will showcase real-world examples of how Easy Pilates For Beginners 2025 can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Easy Pilates For Beginners 2025 in specific contexts. The fourth chapter will explore how Easy Pilates For Beginners 2025 is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Easy Pilates For Beginners 2025. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Easy Pilates For Beginners 2025.

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### **Easy Pilates For Beginners 2025 Introduction**

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