

28 DAY WALL PILATES FOR BEGINNERS

1



- 30 SEC SUPPORTED ROLL DOWN
- 10 SEC SIDE LEG SWING
- 30 SEC WALL CRUNCH
- 30 SEC WALL SIT

2



- 40 SEC UNILATERAL WALL SLIDES
- 15 SEC ACTIVE CALF STRETCH
- 40 SEC WALL ANGEL

3



- 30 SEC SUPPORTED ROLL DOWN
- 10 SEC SIDE LEG SWING
- 30 SEC WALL CRUNCH
- 20 SEC WALL SIT

4



- 40 SEC UNILATERAL WALL SLIDES
- 15 SEC ACTIVE CALF STRETCH
- 40 SEC WALL ANGEL

5



- 25 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 35 SEC WALL CRUNCH
- 25 SEC WALL SIT

6



- 45 SEC UNILATERAL WALL SLIDES
- 20 SEC ACTIVE CALF STRETCH
- 45 SEC WALL ANGEL

7



- 37 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 37 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 45 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 45 SEC WALL ANGEL

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- 37 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 37 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 45 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 45 SEC WALL ANGEL

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- 39 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 39 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 47 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 47 SEC WALL ANGEL

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- 40 SEC SUPPORTED ROLL DOWN
- 20 SEC SIDE LEG SWING
- 40 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 30 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 30 SEC WALL ANGEL

15



- 40 SEC SUPPORTED ROLL DOWN
- 20 SEC SIDE LEG SWING
- 40 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 50 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 50 SEC WALL ANGEL

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- 45 SEC SUPPORTED ROLL DOWN
- 20 SEC SIDE LEG SWING
- 45 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 50 SEC UNILATERAL WALL SLIDES
- 30 SEC ACTIVE CALF STRETCH
- 50 SEC WALL ANGEL

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- 45 SEC SUPPORTED ROLL DOWN
- 25 SEC SIDE LEG SWING
- 45 SEC WALL CRUNCH
- 30 SEC WALL SIT

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- 35 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 35 SEC WALL ANGEL

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- 50 SEC SUPPORTED ROLL DOWN
- 25 SEC SIDE LEG SWING
- 50 SEC WALL CRUNCH
- 30 SEC WALL SIT

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- 60 SEC UNILATERAL WALL SLIDES
- 40 SEC ACTIVE CALF STRETCH
- 60 SEC WALL ANGEL

23



- 35 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 35 SEC WALL CRUNCH
- 25 SEC WALL SIT

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- 45 SEC UNILATERAL WALL SLIDES
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- 45 SEC WALL ANGEL

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- 35 SEC SUPPORTED ROLL DOWN
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- 45 SEC SUPPORTED ROLL DOWN
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- 50 SEC UNILATERAL WALL SLIDES
- 30 SEC ACTIVE CALF STRETCH
- 50 SEC WALL ANGEL



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Daniel F McAuley



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