

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



What Is Pilates For Beginners 2025 For Workers

Ying Liu



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