

# 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 SQUATS
- 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 SIT UP
- TUESDAY**
  - 20 SEC ACTIVE CALF STRETCH
  - 20 SEC OPPOSITE THE REACH
  - 20 SEC WALL SQUAT
- WEDNESDAY**
  - 20 SEC SUPPORTED WALL SQUAT
  - 20 SEC SIDE LEG CURL
  - 20 SEC OPPOSITE THE REACH



## WEEK 3

- MONDAY**
  - 20 SEC SIDE LEG CURL
  - 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 DOUBLE KNEE BEND
  - 20 SEC WALL TOUCH



## 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



# How To Pilates For Beginners 2025 For Beginners

**Léo Pomar**



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the management vlan is the vlan you use to connect to your switch through telnet ssh http or snmp and configure it it s a bad practice to use vlan 1 for this operation that is the default vlan on a cisco switch and you should avoid using it voice vlans just like the name suggests are used to carry voice traffic

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trunk configuration example in the figure vlans 10 20 and 30 support the faculty student and guest computers pc1 pc2 and pc3 the f0 1 port on switch s1 is configured as a trunk port and forwards traffic for vlans 10 20 and 30 vlan 99 is configured as the native vlan

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vlan trunking protocol vtp is a cisco layer 2 messaging protocol that manages the addition deletion and renaming of vlans on a network wide basis virtual local area network vlan trunk protocol vtp reduces administration in a switched network when you configure a new vlan on one vtp server the vlan is distributed through all switches

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configure router on a stick inter vlan routing in this activity you will check for connectivity prior to implementing inter vlan routing you will then configure vlans and inter vlan routing finally you will enable trunking and verify connectivity between vlans packet tracer configuring router on a stick inter vlan routing instructions

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feb 14 2020 part 1 verify the default vlan configuration part 2 configure vlans part 3 assign vlans to ports background vlans are helpful in the administration of logical groups allowing members of a group to be easily moved changed or added this activity focuses on creating and naming vlans and assigning access ports to specific vlans

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switching switches traditionally operate at layer 2 although many are capable of layer 3 routing functions as well at layer 2 they primarily work with ethernet frames and mac addresses when frames are sent through the network they are rewritten by layer 3 devices

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