

# 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 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 SIDE LEG CURL
  - 20 SEC STRETCHING TWIST



## 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



# Simple Pilates For Beginners 2025 For Workers

**Ensheng Dong**



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the masks were made of black rubber which was very hot and smelly it was difficult to breathe when wearing a gas mask when you breathed in the air was sucked through the filter to take out the gas when you breathed out the whole mask was pushed away from your face to let the air out woman wearing a gas mask

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bottom of box make your own gas mask box how to get started take a large sheet of stiff brown card and draw out the net shown above to the right size mark the middle of the bottom edge of the card and place the centre of line a there continue to draw the rest of the net and carefully cut it out score along the remaining lines as they are folds

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instructions sustainability shipping returns policies contact more 0 card gas masks these gas masks are designed to replicate the type of gas mask civilians used during world war 2 they are predominantly designed to be used by children for dressing up and there is a cardboard gas mask that can be donned for added authenticity

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teach children about evacuees and the second world war with these evacuee labels children can come to school dressed as wartime children wearing the evacuee label around their necks as part of a re enactment of the evacuation of the second world war

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each gas mask was stored in a cardboard box and people were expected to carry their mask with them at all times people could be fined if they were caught in public without their gas masks if you have found this 3d model useful to take a closer look at a second world war gas mask you can explore more 3d models available to support learning

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gas masks were issued to all children as a precaution against attack by gas bombs the masks came in cardboard boxes with a strap for carrying them on the shoulder children were

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there were special gas masks for children and babies against poisonous gas in ww2 this page describes the children s gas mask which was made to look like mickey mouse with a fluttering nose as the child breathed and the babies gas mask which was enclosed and had to be pumped by hand

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they just need to cut fold and stick the template together to assemble the box then stick the printable gas mask box labels on the side and they re all set the resource comes with an immersive ww2 style label to stick on the box once it s been assembled

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