

PILATES WALL WORKOUT CHART

WEEK 1

- MONDAY**
 - 30 SEC SUPPORTED WALL SQUAT
 - 30 SEC SIDE LEG CURL
 - 30 SEC WALL TOUCH
- TUESDAY**
 - 30 SEC DOUBLE KNEE BEND
 - 30 SEC WALL PUSH-UPS
 - 30 SEC STRETCH
- WEDNESDAY**
 - 45 SEC UNILATERAL WALL SQUAT
 - 30 SEC ACTIVE CALF STRETCH
 - 30 SEC OPPOSITE THE REACH
- THURSDAY**
 - 30 SEC SUPPORTED SPINE TWIST
 - 30 SEC WALL PUSH-UPS
 - 30 SEC OPPOSITE THE REACH
- FRIDAY**
 - 30 SEC SUPPORTED WALL SQUAT
 - 30 SEC SIDE LEG CURL
 - 30 SEC WALL TOUCH
- WEEKEND REST**



WEEK 2

- MONDAY**
 - 30 SEC SIDE LEG CURL
 - 30 SEC WALL TOUCH
 - 30 SEC SIT UP
- TUESDAY**
 - 30 SEC ACTIVE CALF STRETCH
 - 30 SEC OPPOSITE THE REACH
 - 30 SEC WALL SQUAT
- WEDNESDAY**
 - 30 SEC SUPPORTED WALL SQUAT
 - 30 SEC SIDE LEG CURL
 - 30 SEC STRETCHING TWIST



WEEK 3

- MONDAY**
 - 30 SEC SIDE LEG CURL
 - 30 SEC UNILATERAL WALL SQUAT
 - 30 SEC DOUBLE KNEE BEND
- TUESDAY**
 - 30 SEC ACTIVE CALF STRETCH
 - 30 SEC OPPOSITE THE REACH
 - 30 SEC WALL SQUAT
- WEDNESDAY**
 - 30 SEC SUPPORTED SPINE TWIST
 - 30 SEC WALL PUSH-UPS
 - 30 SEC OPPOSITE THE REACH



WEEK 4

- MONDAY**
 - 30 SEC ACTIVE CALF STRETCH
 - 30 SEC OPPOSITE THE REACH
 - 30 SEC WALL SQUAT
- TUESDAY**
 - 30 SEC SUPPORTED SPINE TWIST
 - 30 SEC WALL PUSH-UPS
 - 30 SEC OPPOSITE THE REACH
- WEDNESDAY**
 - 30 SEC UNILATERAL WALL SQUAT
 - 30 SEC SIDE LEG CURL
 - 30 SEC STRETCHING TWIST



WEEK 5

- MONDAY**
 - 30 SEC SUPPORTED SPINE TWIST
 - 30 SEC WALL PUSH-UPS
 - 30 SEC OPPOSITE THE REACH
- TUESDAY**
 - 30 SEC SIDE LEG CURL
 - 30 SEC WALL TOUCH
 - 30 SEC SIT UP
- WEDNESDAY**
 - 30 SEC ACTIVE CALF STRETCH
 - 30 SEC OPPOSITE THE REACH
 - 30 SEC WALL SQUAT



What Is Pilates For Beginners 2025 For Workers

Jin-Ying Zhang



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