

PILATES WALL WORKOUT CHART

WEEK 1

MONDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL STRETCH
- 10 SEC WALL PUSH-UPS

TUESDAY

- 10 MIN UNBALANCED WALL DOWN
- 10 SEC ACTIVE Calf STRETCH
- 10 SEC SUPPORTED WALL DOWN

WEDNESDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL STRETCH
- 10 SEC WALL PUSH-UPS

THURSDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL PUSH-UPS
- 10 SEC SUPPORTED WALL DOWN

FRIDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL STRETCH
- 10 SEC WALL PUSH-UPS

SATURDAY

- REST
- REST



WEEK 2

MONDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL STRETCH
- 10 SEC WALL PUSH-UPS

TUESDAY

- 10 MIN ACTIVE Calf STRETCH
- 10 SEC SUPPORTED WALL DOWN
- 10 SEC WALL PUSH-UPS

WEDNESDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL STRETCH
- 10 SEC SUPPORTED WALL DOWN

THURSDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL STRETCH
- 10 SEC SUPPORTED WALL DOWN

FRIDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL STRETCH
- 10 SEC SUPPORTED WALL DOWN

WEEK 3

MONDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC ACTIVE Calf STRETCH
- 10 SEC SUPPORTED WALL DOWN

TUESDAY

- 10 MIN ACTIVE Calf STRETCH
- 10 SEC SUPPORTED WALL DOWN
- 10 SEC WALL PUSH-UPS

WEDNESDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL PUSH-UPS
- 10 SEC SUPPORTED WALL DOWN

WEEK 4

MONDAY

- 10 MIN ACTIVE Calf STRETCH
- 10 SEC SUPPORTED WALL DOWN
- 10 SEC WALL PUSH-UPS

TUESDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL PUSH-UPS
- 10 SEC SUPPORTED WALL DOWN

WEDNESDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL PUSH-UPS
- 10 SEC SUPPORTED WALL DOWN

MONDAY

- 10 MIN SUPPORTED WALL DOWN
- 10 SEC WALL PUSH-UPS
- 10 SEC SUPPORTED WALL DOWN

TUESDAY

- 10 MIN ACTIVE Calf STRETCH
- 10 SEC SUPPORTED WALL DOWN
- 10 SEC WALL PUSH-UPS

WEDNESDAY

- 10 MIN ACTIVE Calf STRETCH
- 10 SEC SUPPORTED WALL DOWN
- 10 SEC WALL PUSH-UPS



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A Gutmann

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