

PILATES WALL WORKOUT CHART

WEEK 1

MONDAY

- 10 MIN SUPPORTED WALL SIT
- 10 SEC WALL SQUAT
- 10 SEC WALL SQUAT

TUESDAY

- 10 SEC UNBALANCED WALL SIT
- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SUPPORTED WALL SIT

WEDNESDAY

- 10 MIN SUPPORTED WALL SIT
- 10 SEC WALL SQUAT
- 10 SEC WALL SQUAT

TUESDAY

- 10 SEC SUPPORTED WALL SIT
- 10 SEC WALL PUSH-UPS
- 10 SEC WALL SQUAT

THURSDAY

- 10 SEC SUPPORTED SWING TWIST
- 10 SEC WALL PUSH-UPS
- 10 SEC SUPPORTED WALL SIT

FRIDAY

- 10 MIN SUPPORTED WALL SIT

REST

REST



WEEK 2

MONDAY

- 10 MIN SUPPORTED SWING TWIST
- 10 SEC ACTIVE CALF STRETCH
- 10 SEC WALL PUSH-UPS

TUESDAY

- 10 SEC SUPPORTED SWING TWIST
- 10 SEC ACTIVE CALF STRETCH
- 10 SEC WALL PUSH-UPS

WEDNESDAY

- 10 SEC SUPPORTED SWING TWIST
- 10 SEC ACTIVE CALF STRETCH
- 10 SEC WALL PUSH-UPS



WEEK 3

MONDAY

- 10 SEC SWING TWIST
- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SUPPORTED SWING TWIST

TUESDAY

- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SUPPORTED SWING TWIST
- 10 SEC WALL PUSH-UPS

WEDNESDAY

- 10 SEC SUPPORTED SWING TWIST
- 10 SEC WALL PUSH-UPS
- 10 SEC SUPPORTED SWING TWIST

WEEK 4

MONDAY

- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SUPPORTED SWING TWIST
- 10 SEC WALL PUSH-UPS

TUESDAY

- 10 SEC SUPPORTED SWING TWIST
- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SUPPORTED SWING TWIST

WEDNESDAY

- 10 SEC SWING TWIST
- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SUPPORTED SWING TWIST



WEEK 5

MONDAY

- 10 SEC SUPPORTED SWING TWIST
- 10 SEC WALL PUSH-UPS
- 10 SEC SUPPORTED SWING TWIST

TUESDAY

- 10 SEC SWING TWIST
- 10 SEC WALL PUSH-UPS
- 10 SEC WALL PUSH-UPS

WEDNESDAY

- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SUPPORTED SWING TWIST
- 10 SEC WALL PUSH-UPS



Pilates At Home This Week Sign In

Xiaolong Qi

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Women's Health ,2008-07 Womens Health magazine speaks to every aspect of a woman s life including health fitness nutrition emotional well being sex and relationships beauty and style **Moving the Needle** Joe Sweeney, Mike Yorkey,2014-10-28 A detailed system that will help you achieve your professional and personal goals Moving the Needle provides both the kick in the pants and the game plan many of us need to break out of the rut and get moving to achieve our goals CEOs vice presidents professionals military personnel and even college students frequently express frustration at the entrenched status quo in which initiating progress feels like moving mountains This book lights a path toward continual improvement helping readers first find a direction then make the key transitions that jumpstart forward progress This highly practical guide outlines a change process that can be applied to professional or personal goals giving readers a concrete plan for making big things happen Rather than blindly shooting for the moon readers will formulate a solid systematic actionable plan that can only result in progress In today s tenuous business climate employers and employees alike can be glued to the ground unsure of the path they should take or whether they have the freedom to move forward Moving the Needle helps readers clarify their current position identify their optimum position and formulate a workable strategy for getting from here to there Find what moving forward means for your career and life Shake off the doldrums of routine and establish a culture of innovation Improve performance on a consistent basis at every level Break the inertia and get moving in the right direction Stagnation is diametrically opposed to progress Moving forward requires a vision a plan and the impetus to get things done Those who sense that big things can happen need to get clear get free and start Moving the Needle

Building Portals, Intranets, and Corporate Web Sites Using Microsoft Servers James J. Townsend,Dmitri Riz,Deon Schaffer,2004 Corporate Web portals are increasingly common providing employees and customers with one easy to use online access point
Provides a high level yet practical overview of the concepts technologies and products used in building successful portals

Things No One Tells You About the Baby's Arrival Gabriela Orsi,2011-06 **Ebony** ,2005-04 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Indianapolis Monthly** ,2006-05 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape *The Ladies' Home Journal* ,2008 **Ladies' Home Journal** ,2008 **Ebony** ,2005-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **New York** ,2008-05 **T.P.'s Weekly** ,1908 **Travel & Leisure** ,2007 **Gospel Herald** ,1909 **Cue** ,1975 **Memorial Cyclopedia of New Jersey** Mary Depue Ogden,1921
 Youth's Companion ,1899 **The Publishers Weekly** ,2005 **Ebony** ,2005-07 EBONY is the flagship magazine of

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