

# PILATES WALL WORKOUT CHART

## WEEK 1

- MONDAY**
  - 30 SEC SUPPORTED WALL SQUAT
  - 30 SEC SIDE LIE STRETCH
  - 30 SEC WALL PUNCH
- TUESDAY**
  - 30 SEC DOUBLE KNEE HEAVE
  - 30 SEC WALL PUNCH-UP
  - 30 SEC SQUATS
- WEDNESDAY**
  - 45 SEC UNILATERAL WALL SQUAT
  - 30 SEC ACTIVE CALF STRETCH
  - 30 SEC OPPOSITE TIE REACH
- THURSDAY**
  - 30 SEC SUPPORTED SPINE TWIST
  - 30 SEC WALL PUNCH-UP
  - 30 SEC OPPOSITE TIE REACH
- FRIDAY**
  - 30 SEC SUPPORTED WALL SQUAT
  - 30 SEC SIDE LIE STRETCH
  - 30 SEC WALL PUNCH
- WEEKEND REST**



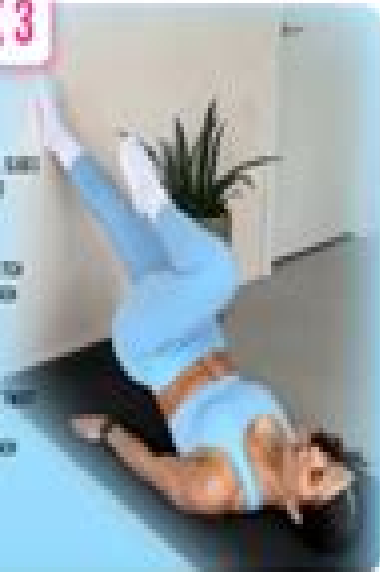
## WEEK 2

- MONDAY**
  - 30 SEC SIDE LIE STRETCH
  - 30 SEC WALL PUNCH
  - 30 SEC WALL SIT
- TUESDAY**
  - 30 SEC ACTIVE CALF STRETCH
  - 30 SEC OPPOSITE TIE REACH
  - 30 SEC WALL SQUAT
- WEDNESDAY**
  - 30 SEC UNILATERAL WALL SQUAT
  - 30 SEC ACTIVE CALF STRETCH
  - 30 SEC OPPOSITE TIE REACH



## WEEK 3

- MONDAY**
  - 30 SEC SPINE TWIST
  - 30 SEC UNILATERAL WALL SQUAT
  - 30 SEC DOUBLE KNEE HEAVE
- TUESDAY**
  - 30 SEC ACTIVE CALF STRETCH
  - 30 SEC OPPOSITE TIE REACH
  - 30 SEC WALL SQUAT
- WEDNESDAY**
  - 30 SEC SUPPORTED SPINE TWIST
  - 30 SEC WALL PUNCH-UP
  - 30 SEC OPPOSITE TIE REACH



## WEEK 4

- MONDAY**
  - 30 SEC ACTIVE CALF STRETCH
  - 30 SEC OPPOSITE TIE REACH
  - 45 SEC WALL SQUAT
- TUESDAY**
  - 30 SEC SUPPORTED SPINE TWIST
  - 30 SEC WALL PUNCH-UP
  - 30 SEC OPPOSITE TIE REACH
- WEDNESDAY**
  - 30 SEC UNILATERAL WALL SQUAT
  - 30 SEC ACTIVE CALF STRETCH
  - 30 SEC OPPOSITE TIE REACH



## WEEK 5

- MONDAY**
  - 30 SEC SUPPORTED SPINE TWIST
  - 30 SEC WALL PUNCH-UP
  - 30 SEC OPPOSITE TIE REACH
- TUESDAY**
  - 30 SEC SIDE LIE STRETCH
  - 30 SEC WALL PUNCH
  - 30 SEC WALL SIT
- WEDNESDAY**
  - 30 SEC ACTIVE CALF STRETCH
  - 30 SEC OPPOSITE TIE REACH
  - 30 SEC WALL SQUAT



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**Xiaolong Qi**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name bar.

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