

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

THURSDAY

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

FRIDAY

- 10 MIN SUPPORTED WALL SIT

SATURDAY

- REST



WEEK 2

MONDAY

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

TUESDAY

- 10 MIN SUPPORTED SPINE TWIST
- 10 SEC WALL SQUAT
- 10 SEC SPINE TWIST

WEDNESDAY

- 10 MIN SUPPORTED SPINE TWIST
- 10 SEC WALL SQUAT
- 10 SEC SPINE TWIST



WEEK 3

MONDAY

- 10 MIN SPINE TWIST
- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SPINE TWIST

TUESDAY

- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SPINE TWIST
- 10 SEC WALL PUSH-UPS

WEDNESDAY

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

WEEK 4

MONDAY

- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SPINE TWIST
- 10 SEC WALL PUSH-UPS

TUESDAY

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

WEDNESDAY

- 10 SEC SPINE TWIST
- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SPINE TWIST



WEEK 5

MONDAY

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

TUESDAY

- 10 SEC SPINE TWIST
- 10 SEC WALL SQUAT
- 10 SEC WALL SPIN

WEDNESDAY

- 10 SEC ACTIVE CALF STRETCH
- 10 SEC SPINE TWIST
- 10 SEC WALL SPIN

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Gabriela Orsi

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