

PILATES WALL WORKOUT CHART

WEEK 1

- MONDAY**
 - 30 SEC SUPPORTED WALL SQUAT
 - 30 SEC SIDE LEG CURL
 - 30 SEC WALL PUNCH
- TUESDAY**
 - 30 SEC DOUBLE KNEE HEAVE
 - 30 SEC WALL PUNCH-UP
 - 30 SEC SQUAT
- 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 LEG CURL
 - 30 SEC WALL PUNCH
- WEEKEND REST**



WEEK 2

- MONDAY**
 - 30 SEC SIDE LEG CURL
 - 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 WALK
 - 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 SPINE WALK
 - 30 SEC UNILATERAL WALL SQUAT
 - 30 SEC DOUBLE KNEE HEAVE



WEEK 5

- MONDAY**
 - 30 SEC SUPPORTED SPINE TWIST
 - 30 SEC WALL PUNCH-UP
 - 30 SEC OPPOSITE TIE REACH
- TUESDAY**
 - 30 SEC SIDE LEG CURL
 - 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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Gabriela Orsi

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