

28 DAY WALL PILATES

FOR BEGINNERS

1 • 30 SEC SUPPORTED ROLL DOWN • 10 SEC SIDE LEG SWING • 30 SEC WALL CRUNCH • 30 SEC WALL SIT	2 • 40 SEC UNILATERAL WALL SLIDES • 15 SEC ACTIVE CALF STRETCH • 40 SEC WALL ANGEL	3 • 30 SEC SUPPORTED ROLL DOWN • 10 SEC SIDE LEG SWING • 30 SEC WALL CRUNCH • 20 SEC WALL SIT	4 • 40 SEC UNILATERAL WALL SLIDES • 15 SEC ACTIVE CALF STRETCH • 40 SEC WALL ANGEL	5 • 35 SEC SUPPORTED ROLL DOWN • 15 SEC SIDE LEG SWING • 35 SEC WALL CRUNCH • 25 SEC WALL SIT	6 • 45 SEC UNILATERAL WALL SLIDES • 30 SEC ACTIVE CALF STRETCH • 45 SEC WALL ANGEL
7 • 37 SEC SUPPORTED ROLL DOWN • 15 SEC SIDE LEG SWING • 37 SEC WALL CRUNCH • 25 SEC WALL SIT	8 • 45 SEC UNILATERAL WALL SLIDES • 25 SEC ACTIVE CALF STRETCH • 45 SEC WALL ANGEL	9 • 37 SEC SUPPORTED ROLL DOWN • 15 SEC SIDE LEG SWING • 37 SEC WALL CRUNCH • 25 SEC WALL SIT	10 • 45 SEC UNILATERAL WALL SLIDES • 25 SEC ACTIVE CALF STRETCH • 45 SEC WALL ANGEL	11 • 39 SEC SUPPORTED ROLL DOWN • 15 SEC SIDE LEG SWING • 39 SEC WALL CRUNCH • 25 SEC WALL SIT	12 • 47 SEC UNILATERAL WALL SLIDES • 35 SEC ACTIVE CALF STRETCH • 47 SEC WALL ANGEL
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