## 28 DAY WALL PILATES FOR BEGINNERS



- 10 SEC SIDE LEG SWING
- 30 SEC WALL SIT



- TE SEC ACTIVE CALF
- 40 SEC WINLL ANGEL
- ROLL DOWN - 10 SEC SIDE LEG SWING - 30 SEC WALL CRUNCH - 30 SEC WALL SIT



- NO THE UNITAL ACTIONS
- 16 SEC ACTIVE CALF - 90 SEC WIALL ANGEL



- NE SEC SUPPOSTED
- 16 SEC SIDE LEG SWING
- 35 SEC WALL CRUNCH 25 SEC WALL ST



MALL SLIDES - 20 SEC ACTIVE CALE - AS SEC WALL ANGEL



- STARC SUPPORTED
- BOXL DOWN
- 16 SEC SIDE LEG SWING + 3T SRC WALL CRUNCH



- WARLS SUICES
- 25 SIRC ACTIVE CALF STRETCH - AF SEC WALL ANGEL



- BOLL DOWN
- 16 SEC SIDE LEG SWING
- 37 SEC WILL CRUNCH - 25 SEC WHILL SIT



- WALL SUDIES
- 25 SEC ACTIVE CALF 46 SEC WALL AWORL



- BOLL DOWN
- TIS SICC SIDE LEG DWING + 39 SEC WALL CRUNCH
- STRETCH - 25 SEC WALL ST



- WARLE SLEDGE
- 25 SEC ACTIVE CALF
- -ATTEC WALLANCES



- 20 SEC SIDE LEG SWING - 40 SEC WALL CRUNCH - 25 SEC WALL ST



- NO SEC LIMITATIONS. - 25 SIRC ACTIVE CALF
- 90 SEC WALL ANGEL



- 20 SEC SIDE LEG SWING
  - 40 SEC WALL CRUNCH 25 SEC WALL SIT



- 50 SEC UNILATERAL
- 25 SEC ACTIVE CALF
- 90 SRC WALL ANGEL



- ME SEC SUPPORTED

- 25 SEC WINLL ST

- 20 SEC SIDE LEG SWING - 45 SEC WILL CRUNCH



- + 30 SEC ACTIVE CALF
- SO SEC WALL ANGEL



- RICKLI DOWN - 30 SEC WALL SIT
- 25 SEC SIDE LEG SWING - 46 SEC WALL CRUNCH



- WALL SLICES
- 36 SEC ACTIVE CALF STRETCH
- 56 SEC WALL AMOUNT



- BOLL DOWN
- 30-SEC SIDE LEG-SWING
- 50-SEC WALL-CRUNCH - 30 SEC WIALL ST



- WALL SLIDES 40 SEC ACTIVE CALF
- 90 SEC WALL ANGEL



- BOLL DOWN
- \* TE SEC SIDE LEG SWE \* 36 SEC WALL CRUNCH
- 25 SEC WINLS SIT



- WALL SLICES
- 20 SEC ACTIVE CALF STRETCH
- 46 SEC WALL ANGEL



· 39 SEC SUPPORTED BOLL DOWN

- 26 SEC WALL SET

BOLL DOWN

- 26 SEC WHILL SIT

. 16 SEC SIDE LEG SWING \* 29 DEC WALL CELINCH

- 30 SIRC SIDE LEG SWING - 46 SIRC WALL CRUNCH



- 47 SEC UNILATERAL
- 25 SEC ACTIVE CALF



- 50 SEC WALL AWORL





# **Pilates At Home Last 90 Days Tutorial**

**JS Bruner** 

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