

# 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
- 20 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
- 25 SEC ACTIVE CALF STRETCH
- 47 SEC WALL ANGEL

**13**

- 40 SEC SUPPORTED ROLL DOWN
- 20 SEC SIDE LEG SWING
- 40 SEC WALL CRUNCH
- 25 SEC WALL SIT

**14**

- 30 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 30 SEC WALL ANGEL

**15**

- 40 SEC SUPPORTED ROLL DOWN
- 20 SEC SIDE LEG SWING
- 40 SEC WALL CRUNCH
- 25 SEC WALL SIT

**16**

- 50 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 50 SEC WALL ANGEL

**17**

- 45 SEC SUPPORTED ROLL DOWN
- 20 SEC SIDE LEG SWING
- 45 SEC WALL CRUNCH
- 25 SEC WALL SIT

**18**

- 50 SEC UNILATERAL WALL SLIDES
- 30 SEC ACTIVE CALF STRETCH
- 50 SEC WALL ANGEL

**19**

- 45 SEC SUPPORTED ROLL DOWN
- 25 SEC SIDE LEG SWING
- 45 SEC WALL CRUNCH
- 30 SEC WALL SIT

**20**

- 35 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 35 SEC WALL ANGEL

**21**

- 50 SEC SUPPORTED ROLL DOWN
- 25 SEC SIDE LEG SWING
- 50 SEC WALL CRUNCH
- 30 SEC WALL SIT

**22**

- 60 SEC UNILATERAL WALL SLIDES
- 40 SEC ACTIVE CALF STRETCH
- 60 SEC WALL ANGEL

**23**

- 35 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 35 SEC WALL CRUNCH
- 25 SEC WALL SIT

**24**

- 45 SEC UNILATERAL WALL SLIDES
- 20 SEC ACTIVE CALF STRETCH
- 45 SEC WALL ANGEL

**25**

- 35 SEC SUPPORTED ROLL DOWN
- 15 SEC SIDE LEG SWING
- 35 SEC WALL CRUNCH
- 25 SEC WALL SIT

**26**

- 47 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 47 SEC WALL ANGEL

**27**

- 45 SEC SUPPORTED ROLL DOWN
- 20 SEC SIDE LEG SWING
- 45 SEC WALL CRUNCH
- 25 SEC WALL SIT

**28**

- 50 SEC UNILATERAL WALL SLIDES
- 30 SEC ACTIVE CALF STRETCH
- 50 SEC WALL ANGEL



# How To Pilates For Beginners Usa For Experts 16526

**Ying-Ying Zheng**



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