

# 28 DAY WALL PILATES

## FOR BEGINNERS

<b>1</b>  • 30 SEC SUPPORTED ROLL DOWN • 10 SEC SIDE LEG SWING • 30 SEC WALL CRUNCH • 30 SEC WALL SIT	<b>2</b>  • 40 SEC UNILATERAL WALL SLIDES • 15 SEC ACTIVE CALF STRETCH • 40 SEC WALL ANGEL	<b>3</b>  • 30 SEC SUPPORTED ROLL DOWN • 10 SEC SIDE LEG SWING • 30 SEC WALL CRUNCH • 30 SEC WALL SIT	<b>4</b>  • 40 SEC UNILATERAL WALL SLIDES • 15 SEC ACTIVE CALF STRETCH • 40 SEC WALL ANGEL	<b>5</b>  • 35 SEC SUPPORTED ROLL DOWN • 15 SEC SIDE LEG SWING • 35 SEC WALL CRUNCH • 25 SEC WALL SIT	<b>6</b>  • 45 SEC UNILATERAL WALL SLIDES • 30 SEC ACTIVE CALF STRETCH • 45 SEC WALL ANGEL
<b>7</b>  • 37 SEC SUPPORTED ROLL DOWN • 15 SEC SIDE LEG SWING • 37 SEC WALL CRUNCH • 25 SEC WALL SIT	<b>8</b>  • 45 SEC UNILATERAL WALL SLIDES • 25 SEC ACTIVE CALF STRETCH • 45 SEC WALL ANGEL	<b>9</b>  • 37 SEC SUPPORTED ROLL DOWN • 15 SEC SIDE LEG SWING • 37 SEC WALL CRUNCH • 25 SEC WALL SIT	<b>10</b>  • 45 SEC UNILATERAL WALL SLIDES • 25 SEC ACTIVE CALF STRETCH • 45 SEC WALL ANGEL	<b>11</b>  • 39 SEC SUPPORTED ROLL DOWN • 15 SEC SIDE LEG SWING • 39 SEC WALL CRUNCH • 25 SEC WALL SIT	<b>12</b>  • 47 SEC UNILATERAL WALL SLIDES • 35 SEC ACTIVE CALF STRETCH • 47 SEC WALL ANGEL
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# Back To School Deals Pilates At Home Last 90 Days

**Hussin A.Rothana**



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