

# 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**



- 25 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**



- 55 SEC UNILATERAL WALL SLIDES
- 25 SEC ACTIVE CALF STRETCH
- 55 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
- 30 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



# Pilates At Home Same Day Delivery

**S Marginson**



**Pilates At Home Same Day Delivery:**

## The Enigmatic Realm of **Pilates At Home Same Day Delivery**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Pilates At Home Same Day Delivery** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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