

PILATES WALL WORKOUT CHART

WEEK 1

- MONDAY**
 - 30 SEC SUPPORTED WALL SQUAT
 - 30 SEC ONE LEG STRETCH
 - 30 SEC WALL PUNCH
- TUESDAY**
 - 30 SEC DOUBLE KNEE BEND
 - 30 SEC WALL PUNCH-UP
 - 30 SEC SQUATS
- WEDNESDAY**
 - 45 SEC UNILATERAL WALL SQUAT
 - 30 SEC ACTIVE CALF STRETCH
 - 30 SEC OPPOSITE TIE REACH
- THURSDAY**
 - 30 SEC SUPPORTED SPINE TWIST
 - 30 SEC WALL PUNCH-UP
 - 30 SEC OPPOSITE TIE REACH
- FRIDAY**
 - 30 SEC SUPPORTED WALL SQUAT
 - 30 SEC ONE LEG STRETCH
 - 30 SEC WALL PUNCH
- WEEKEND REST**



WEEK 2

- MONDAY**
 - 30 SEC ONE LEG STRETCH
 - 30 SEC WALL PUNCH
 - 30 SEC WALL SIT
- TUESDAY**
 - 30 SEC ACTIVE CALF STRETCH
 - 30 SEC OPPOSITE TIE REACH
 - 30 SEC WALL SQUAT
- WEDNESDAY**
 - 30 SEC UNILATERAL WALL SQUAT
 - 30 SEC ONE LEG STRETCH
 - 30 SEC OPPOSITE TIE REACH



WEEK 3

- MONDAY**
 - 30 SEC ONE LEG STRETCH
 - 30 SEC UNILATERAL WALL SQUAT
 - 30 SEC ONE LEG STRETCH
- TUESDAY**
 - 30 SEC ACTIVE CALF STRETCH
 - 30 SEC OPPOSITE TIE REACH
 - 30 SEC WALL SQUAT
- WEDNESDAY**
 - 30 SEC SUPPORTED SPINE TWIST
 - 30 SEC WALL PUNCH-UP
 - 30 SEC OPPOSITE TIE REACH



WEEK 4

- MONDAY**
 - 30 SEC ACTIVE CALF STRETCH
 - 30 SEC OPPOSITE TIE REACH
 - 30 SEC WALL SQUAT
- TUESDAY**
 - 30 SEC SUPPORTED SPINE TWIST
 - 30 SEC WALL PUNCH-UP
 - 30 SEC OPPOSITE TIE REACH
- WEDNESDAY**
 - 30 SEC UNILATERAL WALL SQUAT
 - 30 SEC ONE LEG STRETCH
 - 30 SEC OPPOSITE TIE REACH



WEEK 5

- MONDAY**
 - 30 SEC SUPPORTED SPINE TWIST
 - 30 SEC WALL PUNCH-UP
 - 30 SEC OPPOSITE TIE REACH
- TUESDAY**
 - 30 SEC ONE LEG STRETCH
 - 30 SEC WALL PUNCH
 - 30 SEC WALL SIT
- WEDNESDAY**
 - 30 SEC ACTIVE CALF STRETCH
 - 30 SEC OPPOSITE TIE REACH
 - 30 SEC WALL SQUAT



Pilates At Home This Week Sign In

Joe Sweeney, Mike Yorkey



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Women's Health ,2008-07 Womens Health magazine speaks to every aspect of a woman s life including health fitness nutrition emotional well being sex and relationships beauty and style **Moving the Needle** Joe Sweeney,Mike Yorkey,2014-10-28 A detailed system that will help you achieve your professional and personal goals Moving the Needle provides both the kick in the pants and the game plan many of us need to break out of the rut and get moving to achieve our goals CEOs vice presidents professionals military personnel and even college students frequently express frustration at the entrenched status quo in which initiating progress feels like moving mountains This book lights a path toward continual improvement helping readers first find a direction then make the key transitions that jumpstart forward progress This highly practical guide outlines a change process that can be applied to professional or personal goals giving readers a concrete plan for making big things happen Rather than blindly shooting for the moon readers will formulate a solid systematic actionable plan that can only result in progress In today s tenuous business climate employers and employees alike can be glued to the ground unsure of the path they should take or whether they have the freedom to move forward Moving the Needle helps readers clarify their current position identify their optimum position and formulate a workable strategy for getting from here to there Find what moving forward means for your career and life Shake off the doldrums of routine and establish a culture of innovation Improve performance on a consistent basis at every level Break the inertia and get moving in the right direction Stagnation is diametrically opposed to progress Moving forward requires a vision a plan and the impetus to get things done Those who sense that big things can happen need to get clear get free and start Moving the Needle **Building Portals, Intranets, and Corporate Web Sites Using Microsoft Servers** James J. Townsend,Dmitri Riz,Deon Schaffer,2004 Corporate Web portals are increasingly common providing employees and customers with one easy to use online access point br Provides a high level yet practical overview of the concepts technologies and products used in building successful portals **Ladies' Home Journal** ,2008 **Things No One Tells You About the Baby's Arrival** Gabriela Orsi,2011-06 The Ladies' Home Journal ,2008 **Indianapolis Monthly** ,2006-05 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape **Ebony** ,2005-04 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *The Publishers Weekly* ,1945-03 **Ebony** ,2005-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Travel & Leisure** ,2007 Gospel Herald ,1909 **Memorial Cyclopedia of New Jersey** Mary Depue Ogden,1921 **Youth's Companion** ,1899 *T.P.'s Weekly* ,1908 New York ,2008-05 *Shaping Up* ,2000 **Western Music & Radio Trades Journal** ,1928

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