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



- WARLE SLICKS
- 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 - 25 SEC WALL ST
 - STRETCH



- 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
- 20 SEC SIDE LEG SWING - 45 SEC WILL CRUNCH - 25 SEC WALL ST



- + 30 SEC ACTIVE CALF
- SO SEC WALL ANGEL



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



- 96 SEC UNILATERAL 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

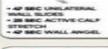


- WALL SLICES
- 20 SEC ACTIVE CALF STRETCH
- 46 SEC WALL ANGEL



- · 39 SEC SUPPORTED BOLL DOWN
- . 16 SEC SIDE LEG SWING * 29 DEC WALL CELINCH - 26 SEC WALL SET







- 30 SIRC SIDE LEG SWING - 46 SIRC WALL CRUNCH

- 26 SEC WHILL SIT



- 50 SEC WALL AWORL



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Michael Seilmaier

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