

A cartoon illustration of a young girl with black hair in two pigtails, wearing a red shirt with yellow polka dots. She is sitting at a desk, writing on a tablet with a white pen. The background is a solid blue color.

Strengthen your core and transform your body.

30

DAY

Wall Pilates

Challenge



1.

	Day 1	Day 2	Day 3	Day 4	Day 5
1. Wall Sit Leg Lifts	5 reps each side	5 reps each side	5 reps each side	8 reps each side	8 reps each side
2. Wall Leg Lifts	5 reps each side	5 reps each side	5 reps each side	8 reps each side	8 reps each side
3. Wall Push-Up	5 reps	5 reps	5 reps	8 reps	8 reps
4. Wall Squats	5 reps	5 reps	5 reps	8 reps	8 reps
5. Wall Bridge with Hip Lift	5 reps	5 reps	5 reps	8 reps	8 reps



2.

	Day 6	Day 7	Day 8	Day 9	Day 10
1. Wall Sit Leg Lifts	8 reps each side	10 reps each side	10 reps each side	12 reps each side	12 reps each side
2. Wall Leg Lifts	8 reps each side	10 reps each side	10 reps each side	12 reps each side	12 reps each side
3. Wall Push-Up	8 reps	10 reps	10 reps	12 reps	12 reps
4. Wall Squats	8 reps	10 reps	10 reps	12 reps	12 reps
5. Wall Bridge with Hip Lift	8 reps	10 reps	10 reps	12 reps	12 reps



3.

	Day 11	Day 12	Day 13	Day 14	Day 15
1. Wall Sit Leg Lifts	14 reps each side	14 reps each side	15 reps each side	15 reps each side	18 reps each side
2. Wall Leg Lifts	14 reps each side	14 reps each side	15 reps each side	15 reps each side	18 reps each side
3. Wall Push-Up	14 reps	14 reps	15 reps	15 reps	18 reps
4. Wall Squats	14 reps	14 reps	15 reps	15 reps	18 reps
5. Wall Bridge with Hip Lift	14 reps	14 reps	15 reps	15 reps	18 reps



4.

	Day 16	Day 17	Day 18	Day 19	Day 20
1. Wall Sit Leg Lifts	18 reps each side	20 reps each side	20 reps each side	22 reps each side	22 reps each side
2. Wall Leg Lifts	18 reps each side	20 reps each side	20 reps each side	22 reps each side	22 reps each side
3. Wall Push-Up	18 reps	20 reps	20 reps	22 reps	22 reps
4. Wall Squats	18 reps	20 reps	20 reps	22 reps	22 reps
5. Wall Bridge with Hip Lift	18 reps	20 reps	20 reps	22 reps	22 reps

5.

	Day 21	Day 22	Day 23	Day 24	Day 25
1. Wall Sit Leg Lifts	20 reps each side	22 reps each side	22 reps each side	24 reps each side	24 reps each side
2. Wall Leg Lifts	20 reps each side	22 reps each side	22 reps each side	24 reps each side	24 reps each side
3. Wall Push-Up	20 reps	22 reps	22 reps	24 reps	24 reps
4. Wall Squats	20 reps	22 reps	22 reps	24 reps	24 reps
5. Wall Bridge with Hip Lift	20 reps	22 reps	22 reps	24 reps	24 reps

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M Lipman



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