

The 28-day *wall Pilates challenge.*

Ten to fifteen minutes. Five movement days, two rest days. One wall, no mat. Tick each day as you finish.

■ SESSION ■ EASY DAY ■ REST

Week 1

10 MINUTES · FIVE SESSIONS

DAY 1 Six moves 10 min	DAY 2 Rest or a walk	DAY 3 Six moves 10 min	DAY 4 Three moves 5 min	DAY 5 Six moves 10 min	DAY 6 Rest	DAY 7 Six moves 10 min
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Week 2

12 MINUTES · FIVE SESSIONS

DAY 8 Six moves 12 min	DAY 9 Rest	DAY 10 Six moves 12 min	DAY 11 Three moves 5 min	DAY 12 Six moves 12 min	DAY 13 Rest	DAY 14 Six moves 12 min
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Week 3

15 MINUTES · FIVE SESSIONS

DAY 15 Six moves 15 min	DAY 16 Rest	DAY 17 Six moves 15 min	DAY 18 Easy day 10 min	DAY 19 Six moves 15 min	DAY 20 Rest	DAY 21 Six moves 15 min
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Week 4

15 MINUTES · FIVE SESSIONS

DAY 22 Six moves 15 min	DAY 23 Rest	DAY 24 Six moves 15 min	DAY 25 Easy day 10 min	DAY 26 Six moves 15 min	DAY 27 Rest	DAY 28 Repeat day one 10 min
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THE RULE THAT MATTERS

Never stack two sessions to catch up. Miss a day, carry on with the next one.
If week three feels rushed, repeat week three. The calendar is not the point.

FULL GUIDE AND SESSIONS

movewithpose.com

/28-day-wall-pilates-challenge

Not medical advice. Stop at joint pain or dizziness.