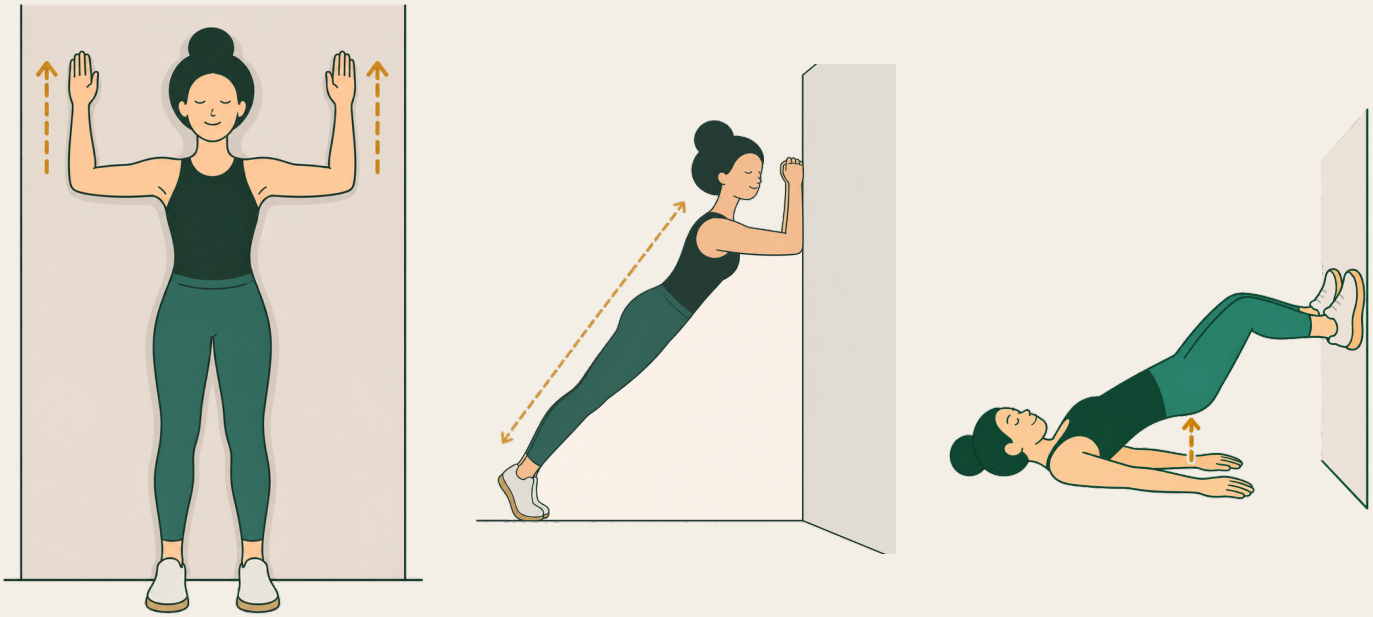
PRINTABLE 28-DAY PLAN · BEGINNER FRIENDLY · NO EQUIPMENT

28-Day Wall Pilates Challenge

for Women 25+

Low-Impact Strength, Core & Posture at Home



16 illustrated moves | 2 levels | 15-25 min a day | Weekly check-ins

By Coach Luke | NASM-CPT, NESTA Nutrition Coach

Real advice. No gimmicks.

START HERE

Welcome to your wall

This plan turns a plain wall into your home Pilates studio. The wall gives you support while you learn, feedback on your posture, and something to press against so your core switches on. You'll train 15-25 minutes a day, 6 days a week, with one rest day. No equipment, no jumping, no floor-only routines.

1. **Read the safety page**
   Check the doctor note and the stop signs before Day 1.

2. **Set up your wall**
   Clear about 6 feet of wall and lay a towel or mat for the 4 lying moves.

3. **Do the Day 1 baseline check**
   Posture test, wall plank hold and balance, written down so you can see progress.

4. **Pick your level**
   Beginner or Stronger. You can move single moves up with the 2-for-2 rule.

5. **Follow the calendar**
   Workouts A, B and C, a Stretch & Walk day and a rest day each week. Tick each day off.

What's inside

Safety, wall setup and Pilates basics	p. 3-5
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BEFORE YOU START

Safety first

Check with your doctor first

This plan is general fitness education, not medical advice. Check with your doctor or physical therapist before you start if you are pregnant or postpartum, have a heart or blood pressure condition, osteoporosis, a recent injury or surgery, dizziness, or back, hip, knee or shoulder pain.

Stop and rest if you feel

- Sharp or pinching pain
- Chest pain or pressure
- Dizziness or feeling faint
- Numbness or tingling

What's normal

- Muscles working and shaking a little
- Breathing a bit harder
- Mild muscle soreness for a day or two
- Some moves feeling awkward at first

Good habits for every session

- Pain is a stop sign; effort is not. Shaking muscles are fine.
- If getting down to the floor is hard, skip the 4 lying moves and repeat a standing move instead.
- Wear grippy socks or shoes, or go barefoot on a non-slip floor.
- Move slowly. Pilates is about control, not speed.
- Drink water and keep your phone nearby as a timer.

YOUR SPACE

Set up your wall

Any flat, sturdy wall works: a hallway, bedroom or the space next to a door. You need enough room to lie down with your feet on the wall and to stand an arm's length away.

- [ ] **Clear space**
  About 6 feet (2 m) of wall and 3 feet (1 m) of floor in front of it. Move pictures, shelves and anything that could fall.

- [ ] **Non-slip floor**
  Carpet, a rug that doesn't slide, or a yoga mat. Wooden floors are fine in grippy socks or shoes.

- [ ] **Something soft**
  A towel or mat for the 4 lying moves: Wall Bridge, Leg Circles, Dead Bug and Toe Taps.

- [ ] **A timer**
  Your phone works. Holds are timed; everything else is counted reps.

- [ ] **Clean wall**
  Your feet go on the wall in some moves. Wear clean socks or put a towel on the wall if you prefer.

How far from the wall?

Standing back-to-wall moves: heels a few inches to about a foot from the wall. Facing-the-wall moves: start about one step back and adjust until the cues feel right. Lying moves: start with your hips 1-2 feet from the wall and scoot closer or farther until your knees sit at about 90 degrees.

PILATES BASICS

Four things to remember

1 Neutral spine

Stand or lie with the natural curves of your back. Not flattened, not arched. On the wall: the back of your head, upper back and hips touch; your low back has a small gap about the size of your hand.

2 Ribs down

Most posture mistakes start with the ribs flaring up. Think of gently zipping your front ribs toward your hips, especially when your arms go overhead.

3 Switch on your core

Draw your belly button gently toward your spine, about 20-30% effort, while you keep breathing. Pressing into the wall helps you feel it.

4 Breathe with the move

Breathe in through your nose to get ready. Breathe out through your mouth on the hardest part of each move. Never hold your breath.

HOW HARD SHOULD IT FEEL?

Aim for about 6-7 out of 10: you can talk in short sentences and finish each round with good form. If form breaks down, use the easier option. If it feels like 4 or less, try the harder option.

DAY 1

Your baseline check

Do this before your first workout, then again on Day 14 and Day 28. Write today's date and your results. Small changes count.

Date: _____

1. Wall posture test

Stand with your heels a few inches from the wall. Let your hips touch, then your upper back. Can the back of your head touch without lifting your chin or straining?

Head touches easily / with effort / not yet Gap behind neck: small / medium / big

2. Wall plank hold

Get into the Wall Plank (page 11). Time how long you can hold good form: straight line, no sagging.

Seconds: _____

3. Single-leg balance

Stand next to the wall with fingertips ready. Lift one foot. Time how long you balance without touching, up to 30 seconds. Then the other side.

Left: _____ sec Right: _____ sec

4. How you feel today (1–5)

1 = low, 5 = great. Circle one number for each.

Energy 1 2 3 4 5 Sleep 1 2 3 4 5 Stiffness 1 2 3 4 5 Mood 1 2 3 4 5

Tip: take a side-view photo standing tall against the wall on Day 1 and Day 28. Posture changes are easier to see than to feel.

PICK YOUR LEVEL

Beginner or Stronger?

BEGINNER

Start here if:

- You're new to exercise or Pilates
- You're coming back after a break
- You have any joint niggles
- You're not sure: start here

2 rounds of each workout, Beginner dose. Use the easier option whenever form slips.

STRONGER

Choose this if:

- You finished Weeks 1-2 comfortably
- You already exercise 2-3 times a week
- Beginner doses feel like 5/10 or less
- Your form holds on every rep

3 rounds of each workout, Stronger dose. Try the harder option on the last round.

The 2-for-2 rule

When a move feels easy, meaning you could do **2 more reps or 10 more seconds** with good form, for **2 sessions in a row**, move that one move up a level: Beginner to Stronger dose, or Stronger dose to the harder option. You can be Beginner on some moves and Stronger on others. That's normal.

Moves 1 and 2



MOVE 1 · BACK TO THE WALL

Wall Roll-Down

Start: Stand with your hips against the wall, feet hip-width and about a foot in front of it, knees soft, arms by your sides.

Move: Nod your chin and peel your spine off the wall one bone at a time until your hands reach your knees or shins. Pause, then roll back up, pressing each part of your back into the wall.

Cues

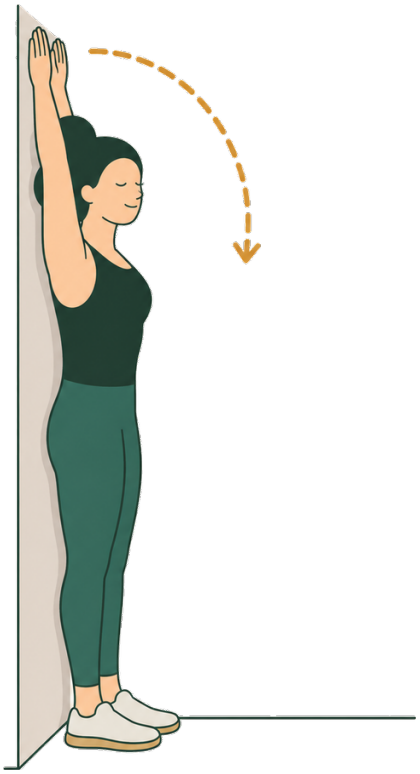
- Hips stay touching the wall the whole time
- Breathe out as you roll down, in at the bottom, out as you roll up
- Let your head and arms hang heavy

Common mistake: Hinging at the hips with a flat back instead of curling one bone at a time.

Easier: Roll down only to chest height.

Harder: Hold the bottom for 3 slow breaths, then roll up over 8 counts.

Beginner: 5 reps | Stronger: 8 reps



MOVE 2 · BACK TO THE WALL

Standing Wall Roll-Up

Start: Stand tall with your back, head and hips on the wall, arms reaching overhead so the backs of your hands touch the wall.

Move: Sweep your arms forward and curl down to hip height, then roll back up through your spine and float your arms overhead to touch the wall again.

Cues

- Arms move with your spine, not ahead of it
- Ribs stay soft: no arching off the wall at the top
- Long neck, shoulders away from your ears

Common mistake: Arching the low back away from the wall when the arms go overhead.

Easier: Bring your arms only to shoulder height at the top.

Harder: Pause for 2 seconds at hip height with arms reaching forward.

Beginner: 5 reps | Stronger: 8 reps

Moves 3 and 4



MOVE 3 · BACK TO THE WALL

Wall Sit with Arm Press

Start: Slide your back down the wall until your knees are bent, knees over ankles, feet flat. Raise your arms overhead with the backs of your hands on the wall.

Move: Hold the sit and slowly press your arms up the wall and back down to shoulder height.

Cues

- Weight in your heels
- Low back and head stay on the wall
- Breathe steadily: no breath holding

Common mistake: Knees drifting past the toes or caving inward.

Easier: Sit higher with knees barely bent, 20 seconds.

Harder: Sit deeper toward 90 degrees, 45 seconds.

Beginner: 20–30 sec **Stronger: 40–45 sec**



MOVE 4 · BACK TO THE WALL

Wall Squat Pulse

Start: Start in a wall sit with your back flat on the wall, knees over ankles, hands on your hips.

Move: Pulse up and down about 2 inches, staying low the whole time.

Cues

- Your back slides on the wall: keep it touching
- Knees track over your second toe
- Small, controlled pulses

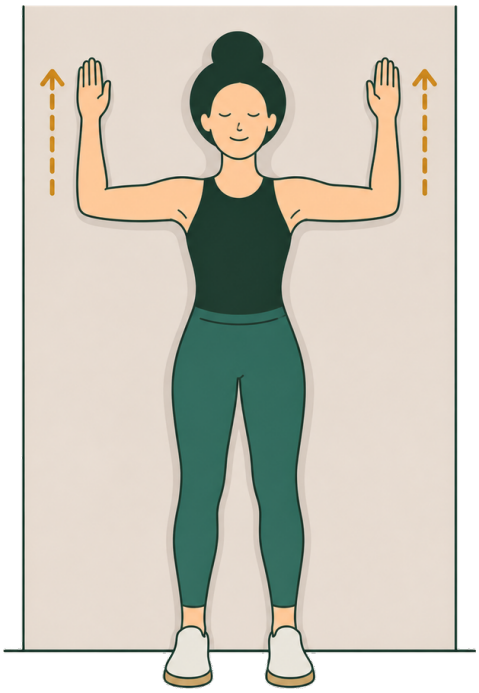
Common mistake: Popping all the way up between pulses.

Easier: Hold a high wall sit instead of pulsing.

Harder: Pulse lower and finish with a 5-second hold.

Beginner: 12 pulses **Stronger: 20 pulses**

Moves 5 and 6



MOVE 5 · BACK TO THE WALL

Wall Angels

Start: Stand with your back, hips and head on the wall, feet a few inches out. Make a goalpost shape with your arms, backs of the arms on the wall.

Move: Slide your arms up the wall as far as you can while keeping contact, then pull your elbows back down toward your ribs.

Cues

- Ribs down, low back gently toward the wall
- Only go as high as your wrists and elbows stay on the wall
- Draw your shoulder blades down as you lower

Common mistake: Arching the back to get the arms higher.

Easier: Use a smaller range: elbows only to forehead height.

Harder: Lower over 3 seconds and pause at the bottom.

Beginner: 8 reps **Stronger: 12 reps**



MOVE 6 · FACING THE WALL

Wall Push-Up

Start: Face the wall, feet a step back, hands on the wall at shoulder height and a little wider than your shoulders. Body in one straight line.

Move: Bend your elbows to bring your chest toward the wall, then press the wall away.

Cues

- One straight line from head to heels
- Elbows about 45 degrees from your body
- Breathe out as you press

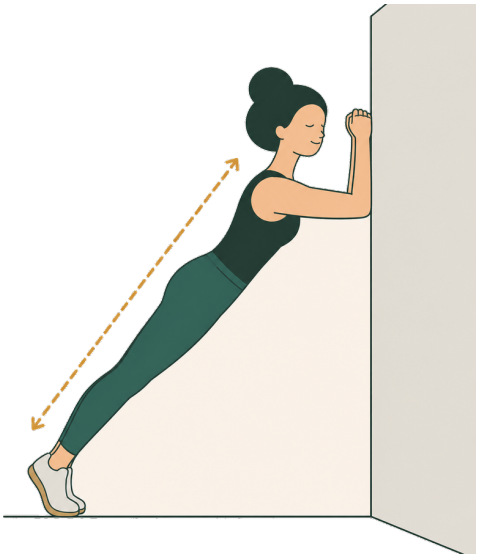
Common mistake: Hips sagging toward the wall or sticking out behind you.

Easier: Stand closer to the wall.

Harder: Step your feet farther back and lower over 3 seconds.

Beginner: 8 reps **Stronger: 12–15 reps**

Moves 7 and 8



MOVE 7 · FOREARMS ON THE WALL

Wall Plank

Start: Face the wall with your forearms on it at shoulder height, elbows under your shoulders. Walk your feet back until your body is a straight diagonal line.

Move: Hold, pressing your forearms into the wall and gently drawing your belly button in.

Cues

- Squeeze your glutes lightly
- Push the wall away so your upper back stays wide
- Breathe slow and even

Common mistake: Hips piking up or dropping toward the wall.

Easier: Feet closer to the wall, 15 seconds.

Harder: Feet farther back, or add small knee lifts.

Beginner: 20 sec | Stronger: 40 sec



MOVE 8 · SIDE TO THE WALL

Wall Side Plank

Start: Stand side-on to the wall with your forearm on it at shoulder height. Walk your feet out together so your body leans in one straight line.

Move: Hold, lifting the hip nearest the wall up and away so your body stays straight. Switch sides.

Cues

- Forearm on the wall, elbow under your shoulder
- Top hand on your hip
- Hips stacked: don't twist

Common mistake: Hips sagging toward the wall.

Easier: Feet closer to the wall.

Harder: Feet farther out and top arm overhead.

Beginner: 15 sec each side | Stronger: 30 sec each side

Moves 9 and 10



MOVE 9 · HAND ON THE WALL

Wall Side Leg Lift

Start: Stand side-on to the wall with your near hand on it, standing knee slightly bent, tall posture, other hand on your hip.

Move: Lift your outside leg out to the side with your toes facing forward, then lower with control. Switch sides.

Cues

- Stay tall: no leaning away from the leg
- Lead with your heel
- Slow on the way down

Common mistake: Tipping the torso sideways to lift the leg higher.

Easier: Smaller lift, toe touches down between reps.

Harder: Hold the top for 2 seconds or add 5 small pulses.

Beginner: 10 each side | Stronger: 15 each side



MOVE 10 · HANDS ON THE WALL

Wall Standing Hip Extension

Start: Face the wall with both hands on it at chest height, a slight forward lean, core braced.

Move: Squeeze your glute and press one straight leg back, then return. Switch sides.

Cues

- Hips stay square to the wall
- Lift only as high as you can without arching your low back
- Squeeze, don't swing

Common mistake: Swinging the leg high and arching the low back.

Easier: Toe stays lightly on the floor: tap it back.

Harder: Bend the knee 90 degrees and press the heel up, 2-second hold.

Beginner: 10 each side | Stronger: 15 each side

Moves 11 and 12



MOVE 11 · BACK TO THE WALL

Wall Knee Lift March

Start: Stand with your back, hips and head on the wall, feet a few inches out, hands on your hips.

Move: Slowly lift one knee to hip height, lower it, then lift the other, keeping your back on the wall.

Cues

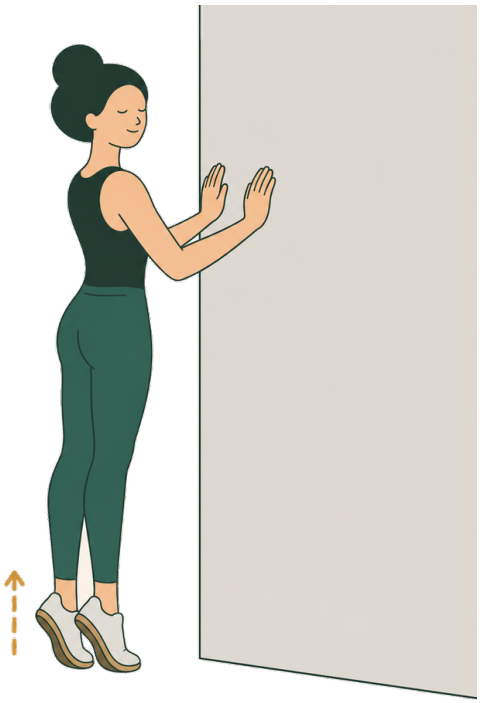
- Low back stays in contact with the wall
- Stand tall through the crown of your head
- Breathe out as the knee lifts

Common mistake: Leaning back or rounding to lift the knee higher.

Easier: Lower knee lift with a light fingertip touch on the wall.

Harder: Hold each knee up for 3 seconds.

Beginner: 10 each side **Stronger: 15 each side**



MOVE 12 · HANDS ON THE WALL

Wall Calf Raise

Start: Face the wall with your fingertips on it for balance, feet hip-width.

Move: Rise up onto the balls of your feet, pause, then lower slowly.

Cues

- Weight through your big and second toes
- Tall spine
- Take 2 seconds to lower

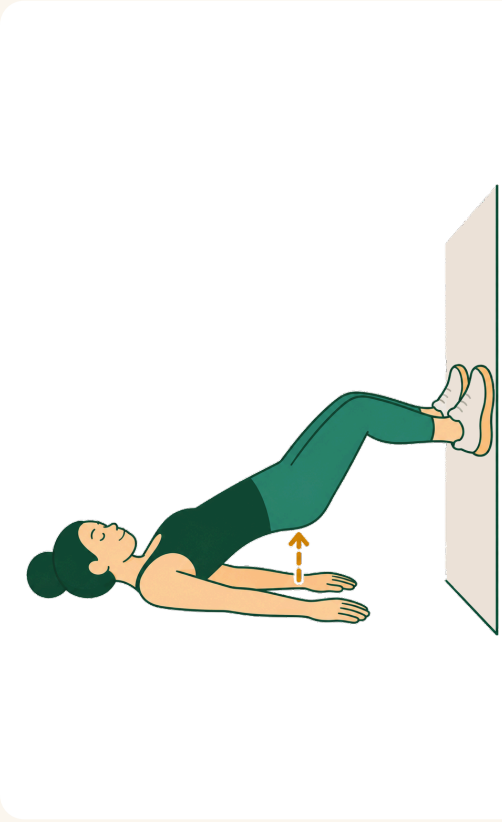
Common mistake: Ankles rolling outward.

Easier: Smaller rise.

Harder: Single leg, other foot hooked behind.

Beginner: 12 reps **Stronger: 20 reps**

Moves 13 and 14



MOVE 13 · FEET ON THE WALL

Wall Bridge

Start: Lie on your back with your hips 1–2 feet from the wall, knees bent, feet flat on the wall hip-width, arms by your sides.

Move: Press your feet into the wall and peel your hips up into a bridge, then lower one bone at a time.

Cues

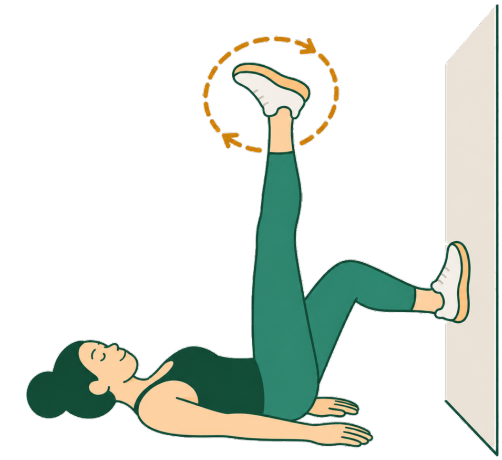
- Press through your heels
- Ribs stay down at the top
- Hips level

Common mistake: Arching the low back at the top instead of squeezing the glutes.

Easier: Smaller lift with feet lower on the wall.

Harder: Lift one foot off the wall at the top for 2 seconds, alternate.

Beginner: 10 reps **Stronger: 15 reps**



MOVE 14 · FOOT ON THE WALL

Wall Leg Circles

Start: Lie on your back, hips close to the wall, one foot flat on the wall with the knee bent, the other leg reaching up toward the ceiling.

Move: Draw small circles with the raised leg, 5 one way then 5 the other. Switch legs.

Cues

- Hips heavy and still on the floor
- Circles about the size of a dinner plate
- Long leg, soft knee

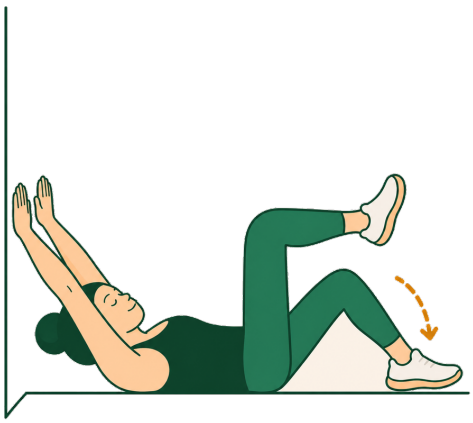
Common mistake: Hips rocking side to side.

Easier: Bend the moving knee and make smaller circles.

Harder: Bigger circles at a slower count.

Beginner: 5 each way, each leg **Stronger: 8 each way, each leg**

Moves 15 and 16



MOVE 15 · HANDS ON THE WALL

Wall Dead Bug

Start: Lie on your back with your head near the wall so your palms can press flat on it overhead. Knees bent 90 degrees, stacked over your hips.

Move: Keep pressing into the wall and slowly lower one foot toward the floor, then bring it back. Alternate.

Cues

- Low back stays gently pressed to the floor
- Push the wall the whole time: it switches your core on
- Breathe out as the leg lowers

Common mistake: Low back lifting off the floor as the leg goes down.

Easier: Tap the toe down with the knee bent (as shown).

Harder: Straighten the leg as it lowers and hover above the floor.

Beginner: 6 each side **Stronger: 10 each side**



MOVE 16 · FEET ON THE WALL

Wall Toe Taps

Start: Lie on your back, hips a little away from the wall, knees bent 90 degrees, feet on the wall at knee height.

Move: Keep one foot on the wall, slide the other a few inches down the wall and back. Alternate.

Cues

- Belly gently drawn in
- Small, slow taps
- Shoulders relaxed on the floor

Common mistake: Pushing off the wall with the standing foot.

Easier: Feet higher on the wall.

Harder: Lift both feet off the wall and tap one at a time.

Beginner: 8 each side **Stronger: 12 each side**

EVERY SESSION

Warm-up and cool-down

WARM-UP · 3 MINUTES

- [ ] 30 sec marching in place
- [ ] 30 sec arm circles, forward and back
- [ ] 5 slow Wall Roll-Downs, half range
- [ ] 30 sec Wall Calf Raises
- [ ] 30 sec standing side reaches, one hand on the wall, each side

COOL-DOWN · 2 MINUTES

- [ ] Wall chest stretch: forearm on the wall, turn your body away, 30 sec each side
- [ ] Wall calf stretch: hands on the wall, one foot back, heel down, 30 sec each side
- [ ] 3 slow breaths standing tall with your back on the wall

Why bother?

Three minutes of warm-up gets your joints moving and your breathing ready, so the first round feels smoother. The cool-down eases your chest and calves, which tend to tighten from sitting and standing all day. Both count toward your daily minutes.

WORKOUT A

Workout A: Core & Posture

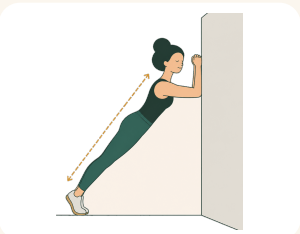
Warm-up first (p. 16). Do the list once = 1 round. Rest 30–60 sec between rounds.
Beginner: 2 rounds (~15 min) Stronger: 3 rounds (~23 min) Then cool down.



1 **Wall Roll-Down**
See page 8

Beginner: 5 reps
Stronger: 8 reps

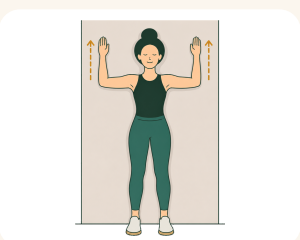
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2 **Wall Plank**
See page 11

Beginner: 20 sec
Stronger: 40 sec

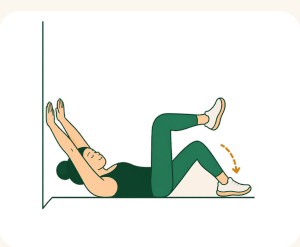
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3 **Wall Angels**
See page 10

Beginner: 8 reps
Stronger: 12 reps

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4 **Wall Dead Bug**
See page 15

Beginner: 6 each side
Stronger: 10 each side

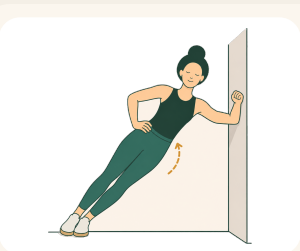
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5 **Wall Toe Taps**
See page 15

Beginner: 8 each side
Stronger: 12 each side

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6 **Wall Side Plank**
See page 11

Beginner: 15 sec each side
Stronger: 30 sec each side

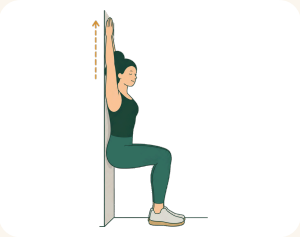
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Tick a box for each round you finish.

WORKOUT B

Workout B: Lower Body & Balance

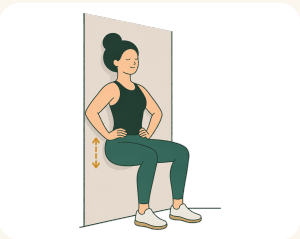
Warm-up first (p. 16). Do the list once = 1 round. Rest 30–60 sec between rounds.
Beginner: 2 rounds (~16 min) Stronger: 3 rounds (~24 min) Then cool down.



1 Wall Sit with Arm Press
See page 9

Beginner: 20–30 sec
Stronger: 40–45 sec

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2 Wall Squat Pulse
See page 9

Beginner: 12 pulses
Stronger: 20 pulses

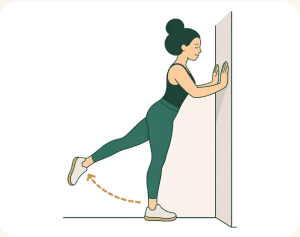
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3 Wall Side Leg Lift
See page 12

Beginner: 10 each side
Stronger: 15 each side

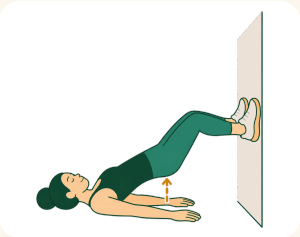
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4 Wall Standing Hip Extension
See page 12

Beginner: 10 each side
Stronger: 15 each side

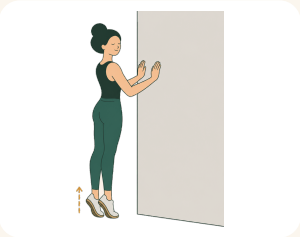
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5 Wall Bridge
See page 14

Beginner: 10 reps
Stronger: 15 reps

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6 Wall Calf Raise
See page 13

Beginner: 12 reps
Stronger: 20 reps

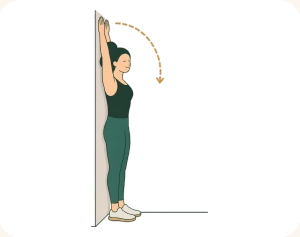
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Tick a box for each round you finish.

WORKOUT C

Workout C: Full-Body Flow

Warm-up first (p. 16). Do the list once = 1 round. Rest 30–60 sec between rounds.
Beginner: 2 rounds (~15 min) Stronger: 3 rounds (~22 min) Then cool down.



1 Standing Wall Roll-Up
See page 8

Beginner: 5 reps
Stronger: 8 reps

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2 Wall Push-Up
See page 10

Beginner: 8 reps
Stronger: 12–15 reps

☐☐☐



3 Wall Knee Lift March
See page 13

Beginner: 10 each side
Stronger: 15 each side

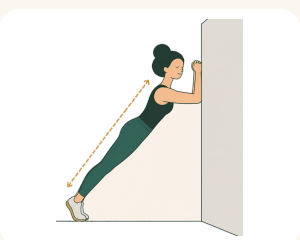
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4 Wall Leg Circles
See page 14

Beginner: 5 each way, each leg
Stronger: 8 each way, each leg

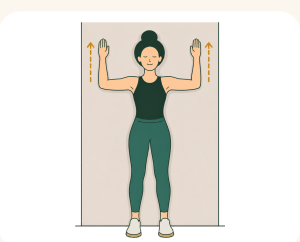
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5 Wall Plank
See page 11

Beginner: 20 sec
Stronger: 40 sec

☐☐☐



6 Wall Angels
See page 10

Beginner: 8 reps
Stronger: 12 reps

☐☐☐

Tick a box for each round you finish.

DAYS 3, 10, 17 AND 24

Wall Stretch & Walk day

An easier day that keeps the habit going and helps you recover. About 15-20 minutes in total.

Part 1 · Wall stretch (about 5 minutes)

- [ ] Wall chest stretch, 30 sec each side
- [ ] Wall calf stretch, 30 sec each side
- [ ] 5 slow Wall Roll-Downs
- [ ] Wall Angels, 8 slow reps
- [ ] Repeat the chest and calf stretches once more

Part 2 · Easy walk (10-15 minutes)

- [ ] Outside, on a treadmill, or laps around your home
- [ ] A pace where you could chat comfortably
- [ ] Stand tall: think of the wall behind you
- [ ] Finish with 3 slow breaths

Feeling great? Make the walk a little longer. **Feeling tired or sore?** Do Part 1 only. Either way, tick the day off. Showing up is the habit you're building.

YOUR PLAN

28 days at a glance

WEEK 1 · LEARN THE MOVES

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Workout A + Baseline	Workout B Lower Body	Stretch & Walk	Workout C Full-Body Flow	Workout A Core & Posture	Workout B Lower Body	Rest + Check-in

WEEK 2 · BUILD ROUNDS

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Workout A Core & Posture	Workout B Lower Body	Stretch & Walk	Workout C Full-Body Flow	Workout A Core & Posture	Workout B Lower Body	Rest + Re-test

WEEK 3 · LONGER HOLDS

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Workout A Core & Posture	Workout B Lower Body	Stretch & Walk	Workout C Full-Body Flow	Workout A Core & Posture	Workout B Lower Body	Rest + Check-in

WEEK 4 · OWN THE ROUTINE

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Workout A Core & Posture	Workout B Lower Body	Stretch & Walk	Workout C Full-Body Flow	Workout A Core & Posture	Workout B Lower Body	Rest + Final test

Missed a day? Pick up where you left off. Don't double up. Tick the box when a day is done.

WEEK 1 · DAYS 1–7

Week 1: Learn the Moves

Your level's rounds: Beginner 2, Stronger 3. Use the easier option any time your form slips. Do the Day 1 baseline check before your first workout.

DAY 1	**Workout A · Core & Posture** Baseline check first (p. 6)	Done ☐ Felt: ___ /10
DAY 2	**Workout B · Lower Body & Balance** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 3	**Stretch & Walk** 15–20 min, easy	Done ☐ Felt: ___ /10
DAY 4	**Workout C · Full-Body Flow** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 5	**Workout A · Core & Posture** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 6	**Workout B · Lower Body & Balance** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 7	**Rest + Check-in** Fill in your check-in	Done ☐ Felt: ___ /10

Coach tips this week

- Day 1: baseline check, then Workout A
- Learn the setup for each move before you add effort
- Day 7: rest, then fill in your Week 1 check-in

WEEK 2 · DAYS 8-14

Week 2: Build Rounds

Beginners: stay at the Beginner dose, and if Days 8-10 felt good, add a 3rd round on Days 11-13.

DAY 8	**Workout A · Core & Posture** Beginner 2 rounds / Stronger 3 rounds	Done ☐	Felt: ___ /10
DAY 9	**Workout B · Lower Body & Balance** Beginner 2 rounds / Stronger 3 rounds	Done ☐	Felt: ___ /10
DAY 10	**Stretch & Walk** 15-20 min, easy	Done ☐	Felt: ___ /10
DAY 11	**Workout C · Full-Body Flow** Beginner 2 rounds / Stronger 3 rounds	Done ☐	Felt: ___ /10
DAY 12	**Workout A · Core & Posture** Beginner 2 rounds / Stronger 3 rounds	Done ☐	Felt: ___ /10
DAY 13	**Workout B · Lower Body & Balance** Beginner 2 rounds / Stronger 3 rounds	Done ☐	Felt: ___ /10
DAY 14	**Rest + Check-in** Re-test after (p. 27)	Done ☐	Felt: ___ /10

Coach tips this week

- Use the 2-for-2 rule to move single moves up
- Keep the Stretch & Walk day: recovery is part of the plan
- Day 14: re-test posture, plank and balance

WEEK 3 · DAYS 15–21

Week 3: Longer Holds

Try the Stronger dose on your holds (planks, side planks, wall sits) or stay Beginner and add 10 seconds to each hold.

DAY 15	**Workout A · Core & Posture** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 16	**Workout B · Lower Body & Balance** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 17	**Stretch & Walk** 15–20 min, easy	Done ☐ Felt: ___ /10
DAY 18	**Workout C · Full-Body Flow** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 19	**Workout A · Core & Posture** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 20	**Workout B · Lower Body & Balance** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 21	**Rest + Check-in** Fill in your check-in	Done ☐ Felt: ___ /10

Coach tips this week

- Push the wall away in planks
- Count slow breaths, not seconds
- Sit a little higher in the wall sit if your knees complain

WEEK 4 · DAYS 22–28

Week 4: Own the Routine

Your level, slow tempo. Beginners: add a 3rd round if Week 3 felt good. Quality beats speed.

DAY 22	**Workout A · Core & Posture** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 23	**Workout B · Lower Body & Balance** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 24	**Stretch & Walk** 15–20 min, easy	Done ☐ Felt: ___ /10
DAY 25	**Workout C · Full-Body Flow** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 26	**Workout A · Core & Posture** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 27	**Workout B · Lower Body & Balance** Beginner 2 rounds / Stronger 3 rounds	Done ☐ Felt: ___ /10
DAY 28	**Rest + Check-in** Final test + reflection (p. 29)	Done ☐ Felt: ___ /10

Coach tips this week

- Try the harder option on the last round
- Notice what feels easier than Day 1
- Day 28: final re-test and reflection

DAY 7

Week 1 check-in

Date: _____ Sessions done this week: ____ / 6

Posture

Wall posture test: head touches easily / with effort / not yet. Gap behind neck: small / medium / big

Core

Wall plank hold: _____ sec. Dead Bug, low back stayed down: yes / mostly / not yet

Balance

Single-leg balance (max 30 sec): left _____ sec right _____ sec

How you feel

Energy 1 2 3 4 5 Sleep 1 2 3 4 5 Stiffness 1 2 3 4 5 Mood 1 2 3 4 5

One win this week:

Which move felt better than on Day 1?

One thing to adjust next week:

DAY 14

Week 2 check-in + Day 14 re-test

Date: _____ Sessions done this week: ____ / 6

Posture

Wall posture test: head touches easily / with effort / not yet. Gap behind neck: small / medium / big

Core

Wall plank hold: _____ sec. Dead Bug, low back stayed down: yes / mostly / not yet

Balance

Single-leg balance (max 30 sec): left _____ sec right _____ sec

How you feel

Energy 1 2 3 4 5 Sleep 1 2 3 4 5 Stiffness 1 2 3 4 5 Mood 1 2 3 4 5

Day 14 vs Day 1. What changed?

Which moves will you move up with the 2-for-2 rule?

One thing to adjust next week:

DAY 21

Week 3 check-in

Date: _____ Sessions done this week: ____ / 6

Posture

Wall posture test: head touches easily / with effort / not yet. Gap behind neck: small / medium / big

Core

Wall plank hold: _____ sec. Dead Bug, low back stayed down: yes / mostly / not yet

Balance

Single-leg balance (max 30 sec): left _____ sec right _____ sec

How you feel

Energy 1 2 3 4 5 Sleep 1 2 3 4 5 Stiffness 1 2 3 4 5 Mood 1 2 3 4 5

One win this week:

Which move felt better than last week?

One thing to adjust next week:

DAY 28

Week 4 check-in + Day 28 final test

Date: _____ Sessions done this week: ____ / 6

Posture

Wall posture test: head touches easily / with effort / not yet. Gap behind neck: small / medium / big

Core

Wall plank hold: _____ sec. Dead Bug, low back stayed down: yes / mostly / not yet

Balance

Single-leg balance (max 30 sec): left _____ sec right _____ sec

How you feel

Energy 1 2 3 4 5 Sleep 1 2 3 4 5 Stiffness 1 2 3 4 5 Mood 1 2 3 4 5

Compare Day 1 and Day 28. What changed?

Which move do you want to keep doing every week?

Your plan for the next 4 weeks (see p. 33):

PROGRESS

Your 28-day tracker

1 ○ Workout A	2 ○ Workout B	3 ○ Stretch & Walk	4 ○ Workout C	5 ○ Workout A	6 ○ Workout B	7 ○ Rest
8 ○ Workout A	9 ○ Workout B	10 ○ Stretch & Walk	11 ○ Workout C	12 ○ Workout A	13 ○ Workout B	14 ○ Rest
15 ○ Workout A	16 ○ Workout B	17 ○ Stretch & Walk	18 ○ Workout C	19 ○ Workout A	20 ○ Workout B	21 ○ Rest
22 ○ Workout A	23 ○ Workout B	24 ○ Stretch & Walk	25 ○ Workout C	26 ○ Workout A	27 ○ Workout B	28 ○ Rest

Test results

	Day 1	Day 14	Day 28
Head touches wall (easily / effort / not yet)			
Neck gap (small / medium / big)			
Wall plank hold (sec)			
Balance left (sec)			
Balance right (sec)			
Energy (1-5)			
Stiffness (1-5)			

REAL LIFE

Busy days and no-wall days

The 10-minute version

Short on time? Do the warm-up, 1 round of that day's workout and 1 minute of cool-down. That's about 10 minutes and it still counts. Tick the day off.

Traveling or no clear wall?

Use a closed door (not one that swings toward you), a sturdy wardrobe side or a hotel room wall. Skip any move you can't do safely and repeat a standing move instead.

Sore or tired?

Swap the day's workout for the Wall Stretch & Walk day, then pick up the plan the next day. Two easy days in a row is fine; two skipped weeks is the habit slipping.

Missed a few days?

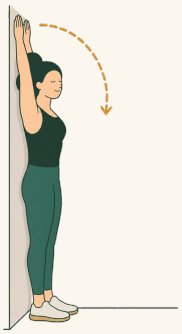
Don't start over and don't double up. Go back to where you stopped. If it's been more than a week, repeat the last full week you finished.

STICK IT ON THE FRIDGE

All 16 wall moves



1 Wall Roll-Down



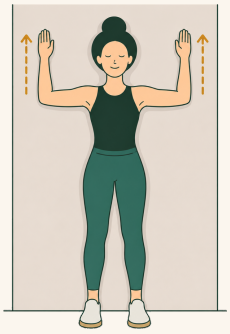
2 Standing Wall Roll-Up



3 Wall Sit with Arm Press



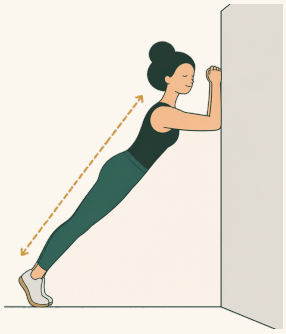
4 Wall Squat Pulse



5 Wall Angels



6 Wall Push-Up



7 Wall Plank



8 Wall Side Plank



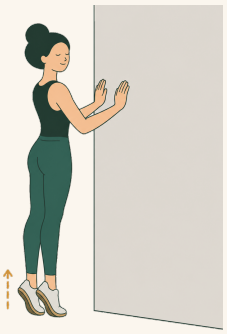
9 Wall Side Leg Lift



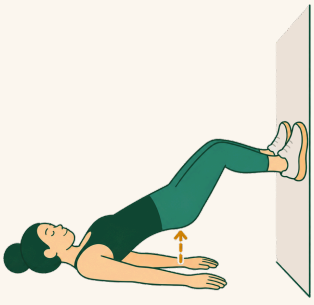
10 Wall Standing Hip Extension



11 Wall Knee Lift March



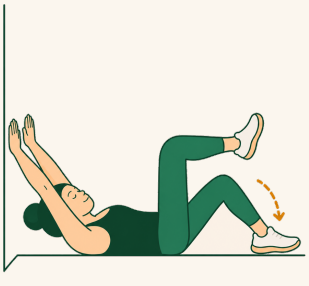
12 Wall Calf Raise



13 Wall Bridge



14 Wall Leg Circles



15 Wall Dead Bug



16 Wall Toe Taps

AFTER DAY 28

What next?

Four weeks of showing up is the hardest part, and you've done it. The goal now is to keep the habit. Pick one of these for the next 4 weeks:

OPTION 1

Repeat at the Stronger level

Go through the 28 days again with the Stronger dose and the harder option on the last round of each workout.

OPTION 2

Three wall days + walking

Keep Workouts A, B and C on three days a week and add two brisk 20-30 minute walks.

OPTION 3

Add a strength day

Keep two wall sessions a week for posture and core, and add one strength workout with weights or bodyweight.

An honest note on results

Wall Pilates builds core strength, posture, balance, flexibility and the habit of moving. It won't spot-reduce fat from your belly, hips or thighs. If changing your body is part of your goal, pair these sessions with daily walking, enough protein and good sleep.

FREE BUYER BONUS

Your 28-day coaching emails

Thanks for buying from my store. Your purchase includes a short coaching email from me each week of the challenge: what to focus on, how to know when to move up, and what to do after Day 28. If you checked out on coachluke.com they're already on their way. If they aren't in your inbox, scan the code or visit the link below to switch them on.

coachluke.com/wall-pilates-bonus

Thank you

Thank you for trusting me with your next 28 days. Go at your own pace, keep your form honest and be proud of every session you tick off, short ones included.

Coach Luke

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