

A sample 28-day wall Pilates schedule

Editorial example built from the sources below, not an expert program. Same weekly pattern, harder each week.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	This week's target
Week 1 Days 1–7	1 Strength	2 Stretch	3 Strength	4 Easy	5 Strength	6 Stretch	7 Easy	Wall sit: 15 s holds Bridges: 10 reps
Week 2 Days 8–14	8 Strength	9 Stretch	10 Strength	11 Easy	12 Strength	13 Stretch	14 Easy	Wall sit: 30 s holds Bridges: 12 reps
Week 3 Days 15–21	15 Strength	16 Stretch	17 Strength	18 Easy	19 Strength	20 Stretch	21 Easy	Wall sit: 45 s holds Bridges: 15 reps
Week 4 Days 22–28	22 Strength	23 Stretch	24 Strength	25 Easy	26 Strength	27 Stretch	28 Easy	Wall sit: 60 s holds Option: band or ankle weights

-  Strength = wall sit, bridge, push-up, plank
-  Stretch = butterfly stretch, leg circles
-  Easy = rest or a short, gentle session

Daily or 3–5 times a week?

The viral format is daily. Cleveland Clinic suggests Pilates 3–5x a week plus cardio and other strength work.

Sources: Garage Gym Reviews (daily format; add a band or ankle weights to progress);

Cleveland Clinic (3–5 sessions a week; wall-sit holds of 5 s to 1 min); TODAY (bridges, 10–15 reps).