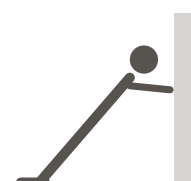
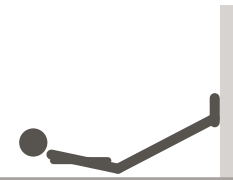
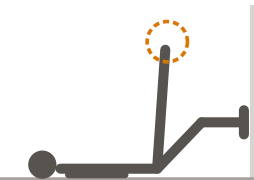
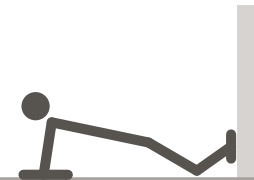


Wall Pilates chart: 10 beginner moves, about 15 minutes

Reps and holds as published by each source. The wall is on the right in every panel.

1 Wall roll down  Peel off, restack warm-up; back to the wall	2 Arm circles  3 each way back stays on the wall	3 Wall sit  Hold 30–60 s, x5 thighs parallel, knees over ankles	4 Wall push-up  Good-form reps straight line from head to heel	5 Wall bridge  4–6 reps knees at 90°, one vertebra at a time
6 Shoulder bridge  4–6 reps feet high on the wall; hold 3 breaths	7 Hundred  10 breaths pump 5 counts in, 5 counts out	8 Leg circles  5–8 each way per side; one foot on the wall	9 Side plank  5 per side knees bent, feet on wall; hold 3 breaths	10 Hip extension  3 breaths per side palms on the wall, hips square

Cool-down: legs up the wall, up to 2–3 min, then come out slowly, stay seated 30+ s

Skip it with glaucoma, heart failure, kidney or liver failure, or uncontrolled high blood pressure (Cleveland Clinic).

Sources: Pilates Anytime (Mychele Sims) 1–2; Healthline 3; Harvard Health 4; Experience Life / Life Time 5–10; Cleveland Clinic.