28-day Wall Pilates challenge

Tick a box each day you finish a session. Every day plays free, with voice coaching, online.

TrueMe

Start date: _____

WEEK 1 · LEARN THE MOVES: 30-SECOND SETS WITH LONGER RESTS.

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐
Full body **8 min**	Legs and glutes **8 min**	Arms and posture **8 min**	Core **8 min**	Full body **8 min**	Legs and core **8 min**	Recovery and mobility **6 min**

WEEK 2 · SETTLE IN: 35-SECOND SETS AND TWO MORE MOVES.

8 ☐	9 ☐	10 ☐	11 ☐	12 ☐	13 ☐	14 ☐
Full body **9 min**	Legs and glutes **9 min**	Arms and posture **9 min**	Core **9 min**	Full body **9 min**	Legs and core **9 min**	Recovery and mobility **6 min**

WEEK 3 · BUILD: 40-SECOND SETS, AND TRY A HARDER VERSION OR TWO.

15 ☐	16 ☐	17 ☐	18 ☐	19 ☐	20 ☐	21 ☐
Full body **11 min**	Legs and glutes **11 min**	Arms and posture **11 min**	Core **11 min**	Full body **11 min**	Legs and core **11 min**	Recovery and mobility **6 min**

WEEK 4 · FINISH STRONG: 45-SECOND SETS AND A SHORT FINISHER.

22 ☐	23 ☐	24 ☐	25 ☐	26 ☐	27 ☐	28 ☐
Full body **15 min**	Legs and glutes **15 min**	Arms and posture **15 min**	Core **15 min**	Full body **15 min**	Legs and core **15 min**	Full body **15 min**

Days 7, 14 and 21 are short recovery sessions. Missed a day? Carry on from where you are.

trueme-wellness.com/challenge/28-day-wall-pilates