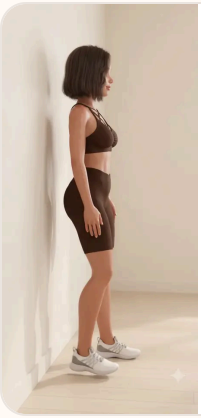
Wall Pilates chart

All eleven moves, with the tempo and how to set up. All you need is a wall.

TrueMe



1. Wall Squat

2s down · 2s up

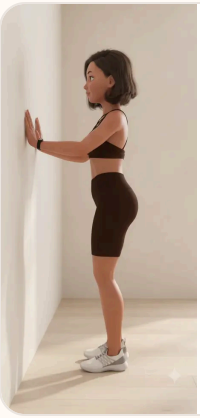
Back flat against the wall, feet a step forward and hip-width apart, weight in your heels.



2. Wall Sit

Timed hold

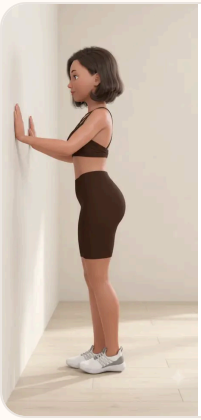
As the squat, but you stop at a depth you can hold and stay there. Thighs toward parallel.



3. Wall-Supported Reverse Lunge

2s back · 2s return

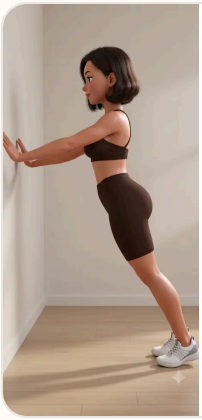
Stand side-on to the wall, one hand resting on it, feet under your hips.



4. Wall Glute Press

2s press · 2s release

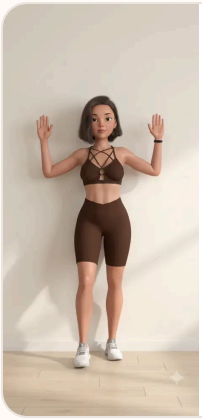
Face the wall, hands flat at chest height, weight on one leg, the other foot lightly behind.



5. Wall Push-Up

2.5s lower · 1.5s press

Hands on the wall at chest height, shoulder-width apart, feet stepped back.



6. Wall Angel

4s up · 4s down

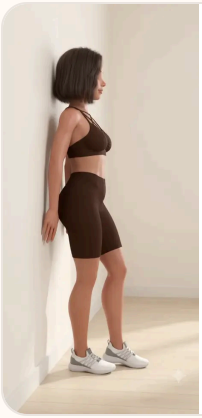
Back, head and arms against the wall, elbows bent to ninety degrees, feet a step out.



7. Wall Roll Down

4s down · 4s up

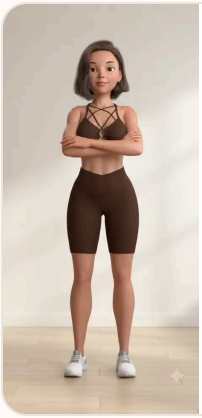
Back against the wall, feet a step forward, chin dropping toward your chest.



8. Wall Marching

2s lift · 2s lower

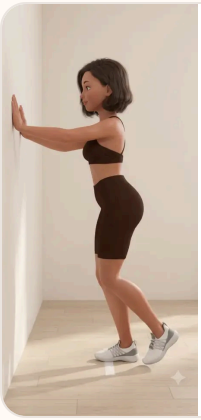
Back against the wall, hands resting lightly on it beside your hips.



9. Standing Wall Rotation

4s turn · 4s return

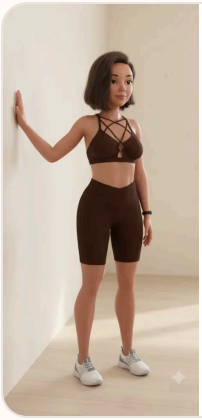
Stand with your back a foot from the wall, feet planted, arms folded at chest height.



10. Wall Knee Drives

1s drive · 1s back

Hands on the wall, arms straight, body leaning in with the feet stepped well back.



11. Wall Chest Opener

Held stretch, both sides

Palm flat on the wall behind you at shoulder height, then turn your chest away from it.

Do each move for 30–45 seconds with a short rest between. Use the easier version until it feels steady.

Low impact and supported by the wall. Stop if anything hurts, and check with your doctor first if you are injured, pregnant or managing a health condition.

Video, form cues and easier and harder versions of every move are free online.

trueme-wellness.com/workouts