TrueMe

10-minute Wall Pilates for beginners

Play it free: trueme-wellness.com/workouts

10 minutes · Beginner · Full body

Warm-up: Wall Marching 40 s · Wall Angel 40 s

MAIN SET · 15 S REST BETWEEN MOVES

1. Wall Squat	40 s	5. Standing Wall Rotation	40 s
2. Wall Push-Up	40 s	6. Wall Knee Drives	30 s
3. Wall Glute Press	40 s	7. Wall-Supported Reverse Lunge	40 s
4. Wall Sit	30 s	8. Wall Angel	40 s

Cool-down: Wall Roll Down 40 s · Wall Chest Opener 50 s

5-minute morning Wall Pilates

Play it free: trueme-wellness.com/workouts

5 minutes · Gentle · Mobility

Warm-up: Wall Marching 40 s · Wall Angel 40 s

MAIN SET · 10 S REST BETWEEN MOVES

1. Wall Roll Down	40 s	3. Wall Squat	40 s
2. Standing Wall Rotation	40 s		

Cool-down: Wall Chest Opener 60 s

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.

15-minute full-body Wall Pilates

Play it free: trueme-wellness.com/workouts

15 minutes · Beginner · Full body

Warm-up: Wall Marching 45 s · Wall Angel 45 s

MAIN SET · 15 S REST BETWEEN MOVES

1. Wall Squat	45 s	7. Wall Sit	40 s
2. Wall Push-Up	45 s	8. Wall Push-Up	45 s
3. Wall Glute Press	45 s	9. Wall Glute Press	45 s
4. Standing Wall Rotation	40 s	10. Wall Marching	45 s
5. Wall Knee Drives	40 s	11. Wall Knee Drives	40 s
6. Wall-Supported Reverse Lunge	45 s	12. Wall Angel	45 s

Cool-down: Wall Roll Down 45 s · Wall Chest Opener 65 s

Wall Pilates for legs and glutes

Play it free: trueme-wellness.com/workouts

12 minutes · Beginner · Legs and glutes

Warm-up: Wall Marching 45 s · Wall Angel 40 s

MAIN SET · 15 S REST BETWEEN MOVES

1. Wall Squat	45 s	6. Wall Glute Press	45 s
2. Wall Glute Press	45 s	7. Wall-Supported Reverse Lunge	45 s
3. Wall-Supported Reverse Lunge	45 s	8. Wall Sit	40 s
4. Wall Sit	40 s	9. Wall Knee Drives	40 s
5. Wall Squat	45 s		

Cool-down: Wall Roll Down 60 s · Wall Chest Opener 60 s

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.

Wall Pilates for core

Play it free: trueme-wellness.com/workouts

10 minutes · Beginner · Core

Warm-up: Wall Marching 45 s · Wall Angel 40 s

MAIN SET · 15 S REST BETWEEN MOVES

1. Wall Knee Drives	40 s	5. Wall Glute Press	40 s
2. Wall Roll Down	40 s	6. Wall Knee Drives	40 s
3. Standing Wall Rotation	40 s	7. Standing Wall Rotation	40 s
4. Wall Marching	45 s	8. Wall Sit	30 s

Cool-down: Wall Roll Down 45 s · Wall Chest Opener 50 s

Wall Pilates for arms and posture

Play it free: trueme-wellness.com/workouts

10 minutes · Beginner · Arms and posture

Warm-up: Wall Angel 45 s · Wall Marching 40 s

MAIN SET · 15 S REST BETWEEN MOVES

1. Wall Push-Up	45 s	5. Wall Chest Opener	40 s
2. Wall Angel	45 s	6. Wall Angel	45 s
3. Standing Wall Rotation	40 s	7. Wall Push-Up	40 s
4. Wall Push-Up	45 s	8. Wall Knee Drives	30 s

Cool-down: Wall Roll Down 40 s · Wall Chest Opener 40 s

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.

Gentle Wall Pilates for seniors and over-50s

Play it free: trueme-wellness.com/workouts

10 minutes · Gentle · Strength and balance

Warm-up: Wall Marching 45 s · Wall Angel 45 s

MAIN SET · 20 S REST BETWEEN MOVES

1. Wall Squat	30 s	5. Wall Glute Press	30 s
2. Wall Push-Up	30 s	6. Wall Sit	20 s
3. Standing Wall Rotation	40 s	7. Wall Angel	40 s
4. Wall Marching	40 s	8. Wall Squat	30 s

Cool-down: Wall Roll Down 50 s · Wall Chest Opener 60 s

Wall Pilates stretch and cool-down

Play it free: trueme-wellness.com/workouts

8 minutes · Gentle · Stretch and mobility

Warm-up: Wall Marching 40 s

MAIN SET · 10 S REST BETWEEN MOVES

1. Wall Angel	45 s	5. Wall Angel	40 s
2. Wall Roll Down	45 s	6. Wall Roll Down	45 s
3. Standing Wall Rotation	45 s	7. Standing Wall Rotation	40 s
4. Wall Chest Opener	60 s		

Cool-down: Wall Chest Opener 60 s

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.