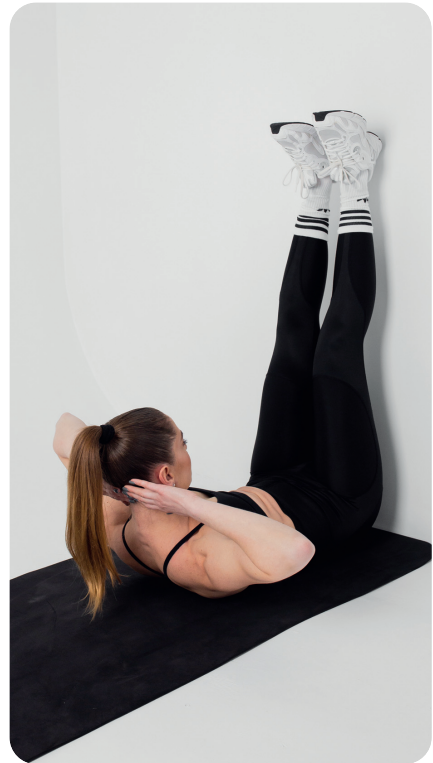


WALL CRUNCHES



Video Guide

Target Area: Abdominals



Reps: Start with 8–10 controlled repetitions.
Focus on form and core engagement.

CORE STRENGTHENING
EXERCISES

01

Avoid If: You have severe lower back pain, herniated discs, or feel discomfort during core work.

How to Do It:

Starting Position:

Lie on your back with your glutes close to the wall. Extend your legs straight up, resting them against the wall. Place your hands lightly behind your head to support your neck. Raise your shoulders just slightly off the floor.

Movement:

Tighten your core and slowly lift your shoulders higher off the ground. Pause for 1–2 seconds at the top to feel the contraction.

Return:

Lower your shoulders back down with control. Repeat.

Tips & Modifications:

- **Beginners:**

Keep a natural curve in your lower back. Start with a small range of motion and increase gradually.

- **Advanced:**

Hold the crunch longer or increase reps for more intensity.

Helpful Tip:

Avoid pulling on your neck. Keep the movement slow and controlled, using your abs—not momentum—to lift.

WALL PLANK VARIATIONS



Video Guide

Focus: Core and Abdominals



How Long: Start with 20–30 seconds.
Build up over time as your strength improves.

CORE STRENGTHENING
EXERCISES

02

Avoid if: You have severe lower back pain, herniated discs, or feel discomfort when engaging your core.

How to Do It:

Starting Position:

Stand facing the wall. Step back until you can place both palms flat on the wall at shoulder height. Feet should be hip-width apart and flat on the floor.

Engage Your Core:

Draw your belly button in toward your spine. Keep your shoulders relaxed and avoid tensing your neck.

Lift Into Plank:

Lean your body forward into your hands, forming a straight line from head to heels. Keep your spine neutral and your knees slightly bent.

Hold the Position:

Stay in this plank shape, keeping your core tight. Breathe steadily. Do not hold your breath.

Tips & Modifications:

- **Beginners:**

Keep the movement small and your back flat. Don't arch or strain your lower back.

- **Advanced:**

Try lifting one leg or one arm while holding the plank. You can also add a soft cushion under your feet or hands for more challenge.

Helpful Tip:

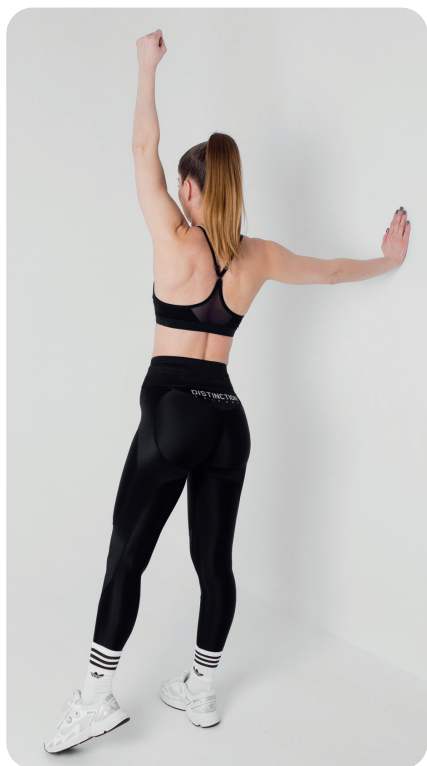
Always focus on proper form. If your back or neck feels strained, lower the intensity or shorten the hold.

WALL SIDE CRUNCHES



Video Guide

Works: Obliques and Core



Reps: Do 8–10 slow and steady repetitions per side. Keep the movement smooth and focused.

CORE STRENGTHENING
EXERCISES

03

Avoid if: You have severe back or neck issues, herniated discs, or pain during side-bending movements.

How to Do It:

Starting Position:

Stand sideways to the wall, about an arm's length away. Place the hand closest to the wall on it at shoulder height for balance. Keep your feet hip-width apart and flat on the floor.

Engage Your Core:

Tighten your stomach by gently pulling your belly inward.

Perform the Crunch:

Exhale and bend sideways, bringing your free elbow toward your hip. Focus on squeezing the side of your waist. Stay controlled and don't lean into the wall.

Return:

Inhale as you slowly come back to the starting position.

Tips & Variations:

- **Beginners:**

Stay within a small range of motion. Stop if you feel tension in your lower back or side.

- **Advanced:**

Try more reps or use light ankle weights or a resistance band for added resistance.

Helpful Tip:

Don't rush. Breathe through each movement. Focus on the muscles in your waist—not momentum.

WALL SIT-UPS



Video Guide

Focus: Core and Abdominals



Reps: Start with 8–10 repetitions.
Move slowly and with control.

CORE STRENGTHENING
EXERCISES

04

Avoid if: You have serious lower back or neck issues, herniated discs, or pain during core work.

How to Do It:

Starting Position:

Stand with your back against the wall. Keep your feet hip-width apart and flat on the floor. Let your lower back rest gently on the wall.

Engage Your Core:

Pull your stomach in. Keep your shoulders relaxed.

Slide Down:

Inhale to prepare. As you exhale, slowly roll down the wall, one vertebra at a time, until your lower back is pressed flat. Your body should form a gentle curve.

Hold:

Pause at the bottom for a second. You should feel your abs working.

Return Up:

Inhale again. Roll yourself back up the wall slowly, keeping your core tight.

Tips & Variations:

- **Beginners:**

Move only as far as is comfortable.
Avoid pushing into pain or strain.

- **Advanced:**

Hold a small weight at your chest or increase the reps to make it harder.

Helpful Tip:

Don't use your neck or momentum to move. Focus on your core muscles. Keep your breathing steady and smooth throughout.

WALL KNEE TUCKS



Video Guide

Works: Core and Abdominals



Reps: Do 8–10 repetitions.
Focus on slow, controlled movement.

Avoid if: You have back or neck injuries, herniated discs, or pain during core exercises.

How to Do It:

Starting Position:

Stand facing the wall. Place your hands flat on the wall at shoulder height. Keep your feet hip-width apart and stay balanced on your toes.

Tighten Your Core:

Draw your belly in toward your spine. Keep your back straight and shoulders relaxed.

Lift Your Knees:

Exhale and slowly pull your knee up one by one toward your chest. Keep the motion smooth. Don't round your back.

Hold Briefly:

Pause for a second at the top. You should feel your core working.

Return:

Inhale and slowly lower your feet back to the floor.

Tips & Variations:

- **Beginners:**

Move within your comfort range.
Don't strain your lower back.

- **Advanced:**

Hold the tuck longer or move faster to increase difficulty.

Helpful Tip:

Avoid swinging or using momentum. Breathe steadily and let your core do the work.

WALL LEG RAISES



Video Guide

Focus: Core and Lower Abdominals



Reps: Do 8–10 slow and steady reps on each leg.
Keep your movements smooth and controlled.

Avoid if: You have lower back problems, herniated discs, or pain in your neck, back, or abdomen.

How to Do It:

Starting Position:

Stand with your back flat against the wall. Keep your feet hip-width apart and firmly on the floor.

Engage Your Core:

Tighten your belly by pulling your navel inward. Keep your shoulders relaxed.

Lift One Leg:

Inhale to prepare. As you exhale, slowly lift one leg straight out in front of you. Raise it only as high as is comfortable.

Hold Briefly:

Pause for a second. You should feel the lower abs working.

Lower Down:

Inhale and gently bring the leg back to the floor.

Tips & Variations:

- **Beginners:**

Start with a low leg raise. Don't push through discomfort. Keep your lower back flat.

- **Advanced:**

Try more reps, add ankle weights, or move slower for extra challenge.

Helpful Tip:

Don't rush. Breathe steadily and focus on using your core. If your back or neck feels strained, lower your leg less or shorten the hold.

CALF RAISE WALL SIT



Video Guide

Focus: Calves and Quadriceps



Reps: Do 8–12 repetitions.
Increase the hold time as you get stronger.

Avoid if: You have knee problems, joint pain, or recent lower body injuries.

How to Do It:

Starting Position:

Stand with your back against the wall. Step your feet forward about 1.5–2 feet. Slide down into a squat until your knees are at a 90° angle. Keep your back flat against the wall. Raise your hands in front of you.

Lift Your Heels:

Raise your heels off the floor so you're on your tiptoes. Keep your balance and feel the tension in your calves and thighs.

Hold:

Stay on your tiptoes for 5–10 seconds. Keep your core engaged and back steady.

Lower:

Slowly bring your heels back down and return to the squat position.

Tips & Variations:

- **Beginners:**

Start with a higher squat and shorter hold. Avoid any knee discomfort.

- **Advanced:**

Try longer holds or hold light weights for extra resistance.

Helpful Tip:

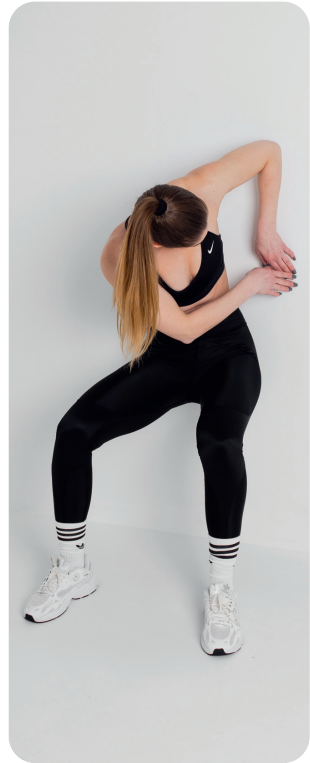
Keep your back flat and don't lean forward. Don't lock your knees. Breathe steadily and move with control.

WALL RUSSIAN TWISTS



Video Guide

Works: Obliques and Core



Reps: Do 8–12 twists per side.
Focus on smooth movement and good form.

CORE STRENGTHENING
EXERCISES

08

Avoid if: You have back injuries, spinal issues, or pain during twisting movements.

How to Do It:

Starting Position:

Stand with your back against the wall and feet shoulder-width apart. Step slightly forward and slide down into a squat. Your thighs should be parallel to the floor. Keep your back flat on the wall.

Engage Your Core:

Pull your belly inward. Keep your spine straight and hips stable.

Twist Right:

With hands lightly touching the wall or in front of your chest, slowly twist your upper body to the right. Lead with your chest—not your arms. Keep your hips still.

Return and Twist Left:

Come back to center, then twist to the left. Move with control.

Tips & Variations:

- **Beginners:**

Start without weights. Keep your spine aligned and avoid leaning.

- **Advanced:**

Hold a light ball or dumbbell at your chest for added resistance.

Helpful Tip:

Keep your lower body steady. Don't twist too far or rush. Breathe out when you twist, breathe in when you return to center.

WALL BRIDGE



Video Guide

Works: Glutes, Hamstrings, Lower Back



Reps: Do 8–12 repetitions.
Add more as you build strength.

Avoid if: You have back pain, spinal injuries, or discomfort when lifting your hips.

How to Do It:

Starting Position:

Lie on your back with your arms by your sides. Place your feet flat on the wall, hip-width apart. Bend your knees at a 90° angle so your thighs are straight up.

Lift Hips:

Tighten your glutes and core. Push through your feet and slowly lift your hips off the floor until your body forms a straight line from shoulders to knees.

Hold:

Pause at the top. Squeeze your glutes.

Lower Down:

Slowly bring your hips back to the floor. Stay controlled and don't drop suddenly.

Tips & Variations:

- **Beginners:**

Start with small lifts. Keep your feet steady and don't arch your back.

- **Advanced:**

Hold longer at the top or try lifting one leg while keeping your hips raised.

Helpful Tip:

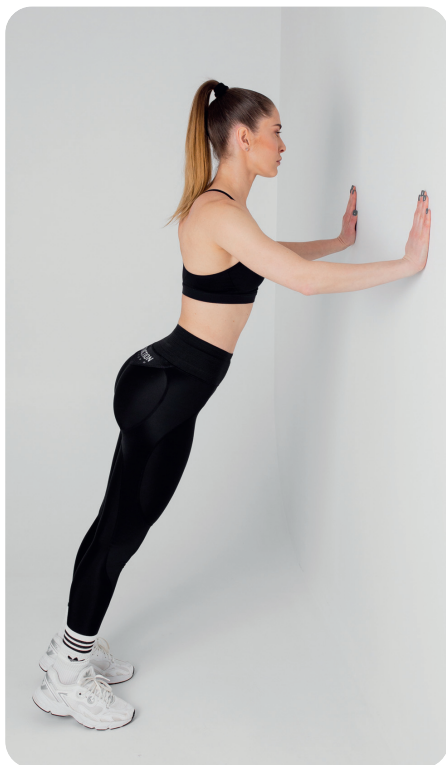
Focus on using your glutes, not your lower back. Move slowly and keep your breathing steady. If you feel any pain, lower your range or stop.

WALL PUSH-UPS



Video Guide

Works: Chest, Shoulders, Triceps



Reps: Start with 8–12 reps.
Move slowly and with control.

UPPER BODY
TONING EXERCISES

10

Avoid if: You have wrist or shoulder injuries, or feel pain during pushing movements.

How to Do It:

Starting Position:

Stand facing the wall. Place your hands flat on the wall at shoulder height, slightly wider than your shoulders. Step back a bit so your arms are straight.

Body Alignment:

Keep your body in a straight line from head to heels. Tighten your core.

Lower Down:

Bend your elbows and bring your chest toward the wall. Keep your back straight and your head in line with your spine.

Push Back:

Press through your hands to return to the starting position. Don't lock your elbows.

Tips & Variations:

- **Beginners:**

Keep the movement small. Avoid letting your lower back arch.

- **Advanced:**

Step your feet farther from the wall or bring your hands closer together for more challenge.

Helpful Tip:

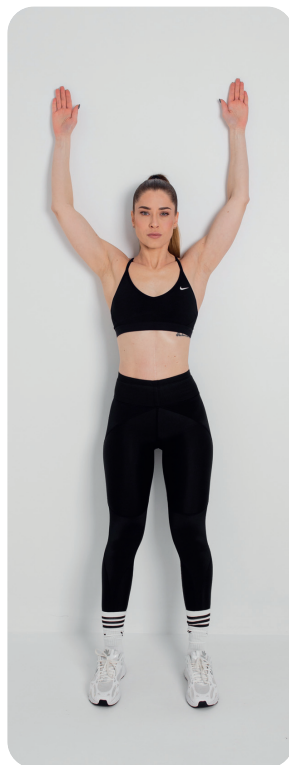
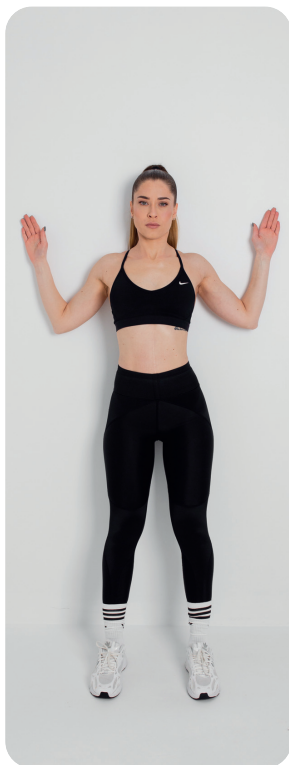
Keep your wrists under your shoulders and breathe steadily. Focus on your chest and arms doing the work—not your lower back.

WALL ANGELS



Video Guide

Works: Upper Back and Shoulders



Reps: Do 8–10 repetitions.

Focus on smooth, steady movement and correct posture.

UPPER BODY
TONING EXERCISES

11

Avoid if: You have shoulder or neck injuries, or limited shoulder mobility.

How to Do It:

Starting Position:

Stand with your back against the wall. Feet should be 6–12 inches away from the wall, knees slightly bent. Flatten your lower and middle back into the wall. Keep the back of your head, elbows, and hands touching the wall.

Arm Movement:

Start with your arms bent in a «goalpost» or «V» shape, elbows and hands pressed gently against the wall.

Raise Arms:

Slowly slide your arms up the wall toward an overhead «Y» shape. Keep your back, head, elbows, and hands in contact with the wall throughout. Don't let your shoulders lift or tense.

Return:

Slowly bring your arms back down to the start position with control.

Tips & Variations:

- **Beginners:**

Start with a smaller range of motion. Keep your lower back from arching.

- **Advanced:**

Hold longer at the top or add light wrist weights while maintaining form.

Helpful Tip:

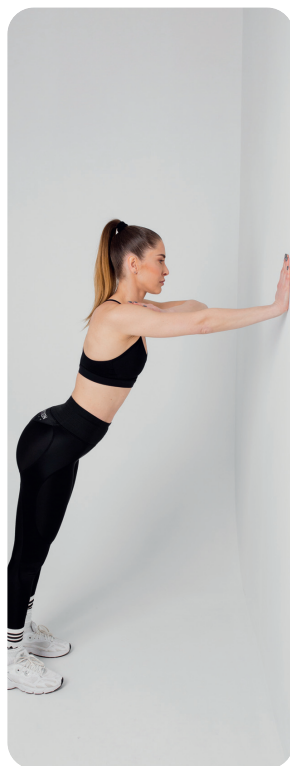
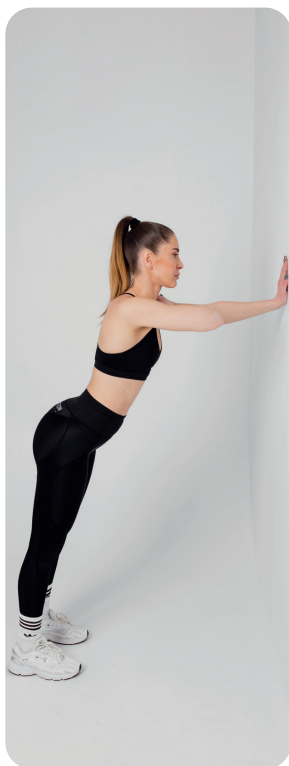
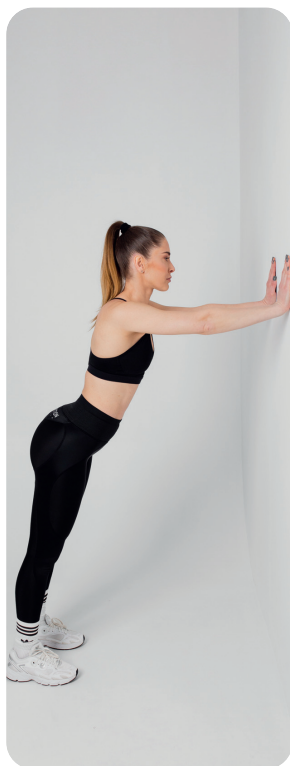
Always keep contact with the wall. If you lose contact or feel strain, reduce your range. Breathe naturally and move slowly.

WALL SHOULDER TAPS



Video Guide

Works: Shoulders and Core



Reps: Start with 10–12 taps on each side.
Move slowly and stay controlled.

UPPER BODY
TONING EXERCISES

12

Avoid if: You have wrist or shoulder injuries, or feel pain during plank or tapping movements.

How to Do It:

Starting Position:

Face the wall and place your hands flat on it at shoulder height, a little wider than shoulder-width. Step back until your body forms a straight line from head to heels, like a standing plank.

Tap Movement:

Tighten your core. Lift one hand and tap the opposite shoulder. Return the hand to the wall. Switch sides and repeat.

Stay Steady:

Keep your hips and torso as still as possible. Avoid rocking side to side.

Tips & Variations:

- **Beginners:**

Go slowly and keep your body steady. Focus on form, not speed.

- **Advanced:**

Move faster or add a push-up between taps to challenge your strength and balance.

Helpful Tip:

Don't let your back round or your hips sway. Keep your core tight and shoulders active throughout the movement.

WALL CHEST PRESS



Video Guide

Works: Chest, Arms, Shoulders



Reps: Do 10–15 controlled reps.
Increase as your strength builds.

UPPER BODY
TONING EXERCISES

13

Avoid if: You have shoulder, elbow, or wrist pain, or discomfort during pushing movements.

How to Do It:

Starting Position:

Stand facing the wall, about one arm's length away. Place your hands flat on the wall at shoulder height and slightly wider than your shoulders. Keep your feet hip-width apart and body straight.

Lower Toward Wall:

Inhale. As you exhale, bend your elbows and lean your chest toward the wall. Keep your body in a straight line—don't bend at the hips or arch your back.

Push Back:

Press through your hands to return to the starting position. Straighten your arms, but don't lock your elbows. Focus on using your chest and arms.

Tips & Variations:

- **Beginners:**

Keep your wrists, elbows, and shoulders aligned. Focus on slow, steady movement.

- **Advanced:**

Use resistance bands, or change hand placement (narrow or wide) for more challenge.

Helpful Tip:

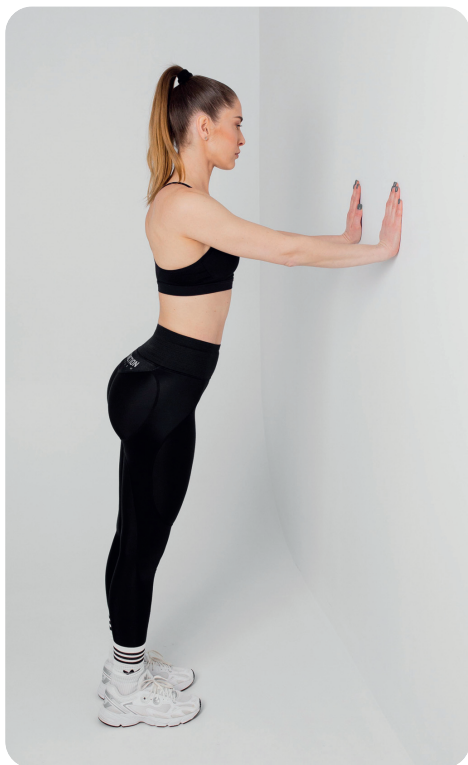
Keep your spine straight and core engaged. Don't let your shoulders rise or your back arch. Move with control—quality is more important than speed.

WALL TRICEP DIPS



Video Guide

Works: Triceps, Shoulders



Reps: Start with 8–12 repetitions.
Move with control and avoid rushing.

Avoid if: You have shoulder, elbow, or wrist pain, or instability in these joints.

How to Do It:

Starting Position:

Stand facing away from the wall, about an arm's length away. Place your hands flat against the wall at shoulder-width apart, shoulder height or slightly lower.

Lower Down:

Bend your elbows and slowly lower your body toward the wall. Keep your back straight and elbows pointing back—not out.

Push Back:

Press through your hands to straighten your arms. Don't lock your elbows. Focus on using your triceps.

Tips & Variations:

- **Beginners:**

Use a short range of motion and focus on form. Keep shoulders steady and avoid pressure in the wrists.

- **Advanced:**

Try placing your feet on a low step or moving farther from the wall to increase the angle and challenge.

Helpful Tip:

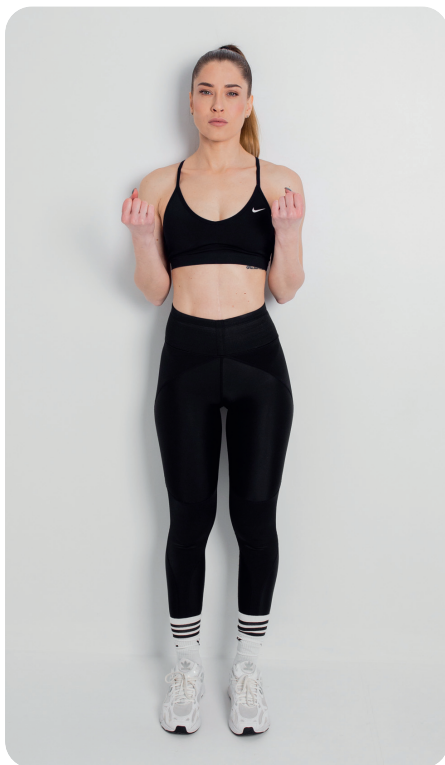
Keep your spine straight, core tight, and elbows tucked in. Avoid arching your back or letting shoulders roll forward.

WALL BICEP CURLS



Video Guide

Works: Biceps



Reps: Do 10–15 reps.
Move with control. Don't rush.

UPPER BODY
TONING EXERCISES

15

Avoid if: You have pain or injury in the elbows, wrists, or shoulders.

How to Do It:

Starting Position:

Stand with your back flat against the wall. Keep your spine in contact with the wall. Feet should be hip-width apart and about a foot forward. Tighten your core.

Arm Position:

Let your arms hang straight down by your sides with your palms facing forward. Elbows stay close to your ribs and slightly bent.

Curl Up:

Slowly bend your elbows and bring your hands up toward your shoulders. Keep your upper arms still and focus on your biceps doing the work.

Hold:

Pause briefly at the top. Squeeze the biceps.

Lower Down:

Slowly lower your hands back to the starting position.

Tips & Variations:

- **Beginners:**

Practice without weights. Focus on proper form and elbow control.

- **Advanced:**

Use light weights or resistance bands. Try slower reps or short holds at the top for more challenge.

Helpful Tip:

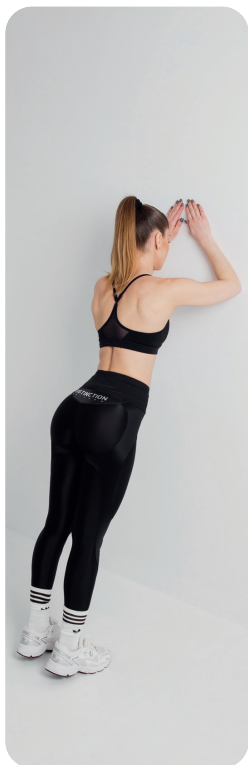
Keep your elbows pressed in and avoid swinging. Breathe steadily. Focus on the muscle—don't use momentum.

WALL PLANK WITH ARM REACH



Video Guide

Works: Core, Shoulders, Arms



Reps: Do 8–10 reaches per arm.
Move slowly and with control.

UPPER BODY
TONING EXERCISES

16

Avoid if: You have wrist or shoulder injuries or pain during reaching or planking.

How to Do It:

Starting Position:

Stand facing the wall. Place your hands on it, slightly wider than your shoulders. Step your feet back until your body forms a straight line from head to heels.

Hold the Plank:

Tighten your core. Keep your body steady—don't arch your back or let your hips drop.

Reach Forward:

Lift one hand off the wall and reach straight ahead. Keep your hips still.

Return:

Place your hand back on the wall. Repeat with the other arm.

Alternate:

Continue switching sides, one arm at a time.

Tips & Variations:

- **Beginners:**

Start with short holds. Focus on keeping your body still.

- **Advanced:**

Add a leg lift or a push-up between reps. You can also wear light ankle weights.

Helpful Tip:

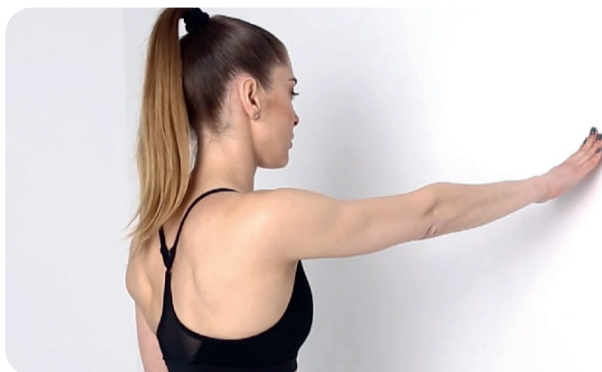
Keep your abs tight and avoid twisting your hips. Move with control and breathe steadily.

WALL WRIST FLEXOR STRETCH



Video Guide

Works: Forearms and Wrist Flexors



Hold: Stay in the stretch for 20–30 seconds.
Breathe deeply. Switch arms and repeat.

Avoid if: You have wrist injuries, recent surgery, or pain during the stretch.

How to Do It:

Starting Position:

Stand facing the wall.

Hand Placement:

Place one palm flat against the wall with fingers pointing up or slightly to the side. Keep your arm straight.

Stretch:

Gently press your palm and fingers into the wall. You should feel a stretch along the front of your forearm and wrist.

Adjust Intensity:

To deepen the stretch, lean your body slightly forward while keeping your arm straight. You can also slightly adjust the angle of your hand.

Tips & Variations:

- **Beginners:**

Start with light pressure. Avoid pushing too hard.

- **Advanced:**

Try different hand angles or lean in slightly more to increase the stretch.

Helpful Tip:

Keep your breath steady. Don't bounce. If you feel pain, stop right away. Stretch gently and consistently for best results.

WALL WRIST EXTENSOR STRETCH



Video Guide

Works: Top of the Forearms and Wrists



Hold: Stay in the stretch for 20–30 seconds.
Switch arms and repeat.

Avoid if: You have wrist injuries, recent surgery, or pain during the stretch.

How to Do It:

Starting Position:

Stand facing the wall. Extend one arm straight in front of you at shoulder height.

Hand Placement:

Place the back of your hand against the wall with fingers pointing downward. Keep your arm straight.

Stretch:

Gently press the back of your hand into the wall. You should feel a stretch along the top of your forearm.

Adjust If Needed:

To increase the stretch, lean forward slightly or adjust your hand angle. Stop if it feels uncomfortable.

Tips:

- **Beginners:**

Start gently. Don't push into pain.

- **Advanced:**

Hold longer or fine-tune the angle for a deeper stretch.

Helpful Tip:

Keep your breath steady. Only stretch until you feel light tension—never pain. Stay consistent to improve wrist flexibility over time.

WALL SQUATS



Video Guide

Works: Thighs, Glutes, Hamstrings



Reps: Do 8–10 reps.
Focus on slow, controlled movement.

LOWER BODY
CONDITIONING EXERCISES

19

Avoid if: You have knee injuries, recent knee surgery, or pain during squats.

How to Do It:

Starting Position:

Stand with your back flat against the wall. Feet hip-width apart and about 1–2 feet away from the wall.

Tighten your core.

Lower Down:

Bend your knees and slide your back down the wall, as if sitting into a chair. Stop when your thighs are parallel to the floor.

Check Form:

Knees should stay over your ankles—not past your toes. Keep your back and hips pressed into the wall.

Hold:

Stay in the squat for 20–30 seconds. Breathe steadily.

Return:

Push through your heels and slowly rise back to the start.

Tips:

- **Beginners:**

Start with a shallow squat. Increase depth as your legs get stronger.

- **Advanced:**

Hold longer or add a weight like a medicine ball.

Helpful Tip:

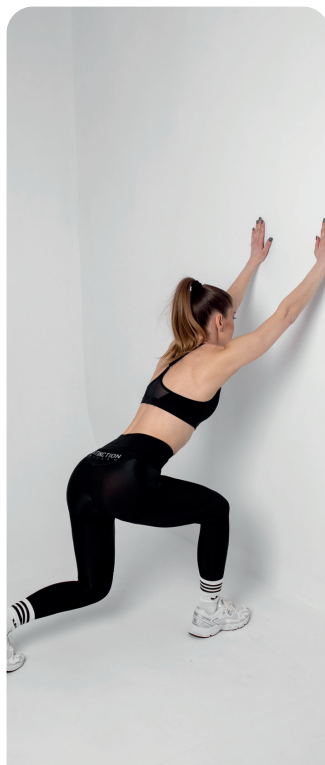
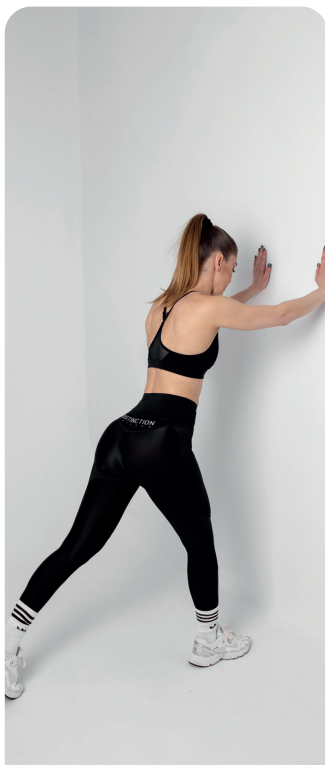
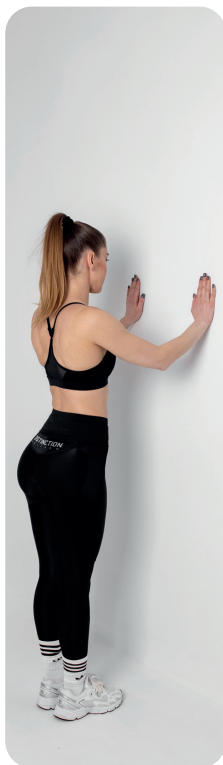
Keep knees from caving in. Don't arch your back. Press evenly through both feet.

WALL LUNGES



Video Guide

Works: Thighs, Glutes, Hamstrings



Reps: Do 8–10 lunges per leg.
Focus on control and balance.

Avoid if: You have knee or hip pain, recent injury, or surgery.

How to Do It:

Starting Position:

Stand facing the wall, about one arm's length away. Feet shoulder-width apart. Place your hands on the wall for support.

Step Back:

Take one step back with one leg. Bend both knees to lower into a lunge. Keep your front knee directly above your ankle—don't let it go past your toes.

Lower Down:

Bring your back knee close to the floor. Both knees should form about 90° angles. Keep your chest up.

Hold:

Stay in the lunge for 10–20 seconds. Keep steady and balanced.

Return:

Push through your front heel and return to standing. Switch legs and repeat.

Tips:

- **Beginners:**

Start with shallow lunges. Go deeper as your strength improves.

- **Advanced:**

Hold light weights or increase lunge time for more challenge.

Helpful Tip:

Keep your front knee stable. Don't let it shift forward or inward. Maintain good posture and move slowly.

WALL LEG PRESS



Video Guide

Works: Thighs, Glutes, Hamstrings



Reps: Start with 8–10 reps.
Focus on smooth, steady movement.

LOWER BODY
CONDITIONING EXERCISES

21

Avoid if: You have knee injuries, recent surgery, or pain during bending.

How to Do It:

Starting Position:

Stand with your back against the wall, about two feet away. Feet shoulder-width apart, flat on the floor.

Lower Down:

Slide your back down the wall by bending your knees. Stop when your thighs are parallel to the floor and knees are at a 90° angle.

Press Up:

Push through your heels and straighten your legs to return to standing. Keep the movement slow and controlled.

Hold:

At the top, pause for a few seconds. Keep your legs strong and engaged.

Return Down:

Bend your knees and slowly slide back down to the starting position.

Tips:

- **Beginners:**

Start with a smaller bend in the knees. Avoid dropping too low.

- **Advanced:**

Try deeper presses or add resistance with ankle weights.

Helpful Tip:

Keep your heels and toes on the ground. Don't let your knees go past your toes. Stay steady and breathe throughout.

WALL CALF RAISES



Video Guide

Works: Calf Muscles



Reps: Do 10–15 repetitions.
Keep the movement slow and stable.

Avoid if: You have ankle injuries, Achilles tendon problems, or pain in the feet or calves.

How to Do It:

Starting Position:

Stand facing the wall, about a foot away. Feet hip-width apart. Place your hands lightly on the wall for balance. Stand tall with your core tight.

Lift Heels:

Rise slowly onto the balls of your feet. Keep your body steady. Don't lean forward.

Hold:

Pause at the top for a second. Feel the calves working.

Lower Down:

Slowly lower your heels back to the floor with control.

Tips:

- **Beginners:**

Start with a small lift. Focus on balance and form.

- **Advanced:**

Lift higher or hold light weights. You can also try single-leg calf raises.

Helpful Tip:

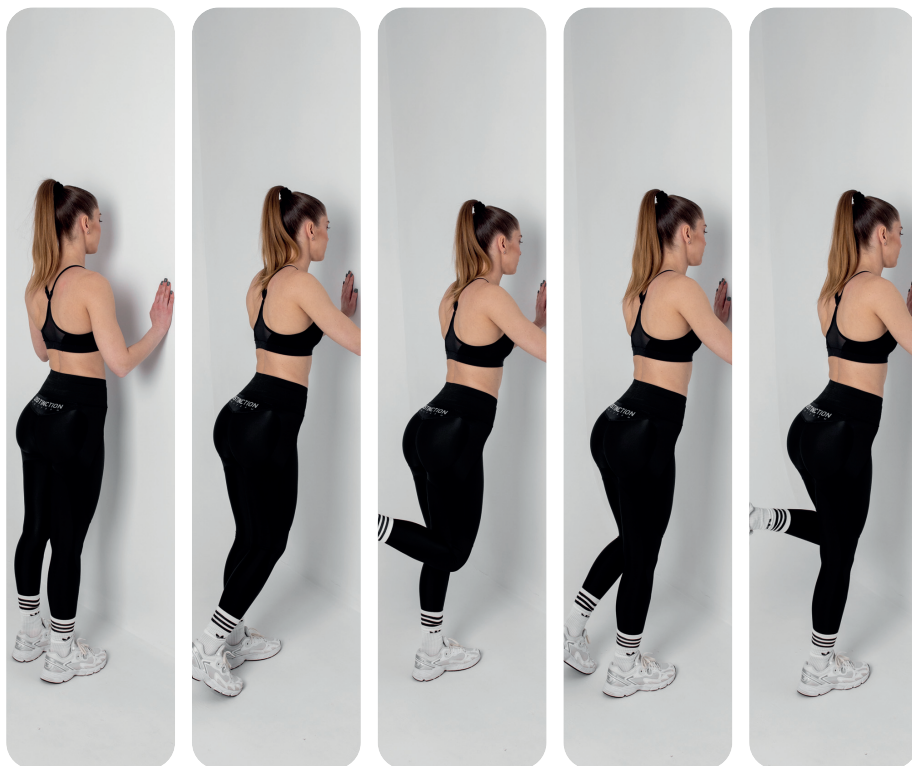
Avoid bouncing. Move steadily. Keep your core engaged and breathe evenly.

WALL HAMSTRING CURLS



Video Guide

Works: Hamstrings



Reps: Do 8–12 reps per leg.
Focus on smooth, steady movement.

Avoid if: You have knee injuries, pain during bending, or instability.

How to Do It:

Starting Position:

Stand tall with your back straight and one hand on the wall for support. Shift your weight onto one leg.

Curl the Leg:

Slowly lift the other heel toward your buttocks. Keep the knees close together. Move with control.

Lower Down:

Lower the leg slowly back to the floor. Stay steady—don't swing.

Switch Legs:

Repeat the movement on the other side.

Tips:

- **Beginners:**

Start with a smaller range of motion. Keep your posture tall and core engaged.

- **Advanced:**

Add ankle weights or do both legs at the same time for more challenge.

Helpful Tip:

Don't rush. Avoid leaning back or using momentum. Keep your movements slow and feel the hamstring working.

WALL SIDE LEG LIFTS



Video Guide

Works: Outer Thighs (Abductors)



Reps: Do 8–12 reps per side.
Keep your movement smooth and steady.

Avoid if: You have hip or knee injuries or feel pain during side leg lifts.

How to Do It:

Starting Position:

Stand sideways to the wall. Lightly place one hand on the wall for balance. Keep your feet together and posture upright.

Lift the Leg:

Slowly lift the outside leg away from your body. Keep the leg straight or slightly bent. Lead with your heel. Lift only as high as is comfortable.

Hold and Lower:

Pause briefly at the top. Feel the outer thigh working. Lower the leg slowly—don't let it touch the standing leg.

Tips:

- **Beginners:**

Start with a small lift. Focus on balance and form.

- **Advanced:**

Add ankle weights or extend the leg fully for more challenge.

Helpful Tip:

Don't swing your leg. Keep your body tall and the motion controlled. Focus on the side of the hip doing the work.

WALL HIP ABDUCTION



Video Guide

Works: Outer Hips (Hip Abductors)



Reps: Do 8–12 controlled reps per side.

LOWER BODY
CONDITIONING EXERCISES

25

Avoid if: You have hip or knee injuries or feel pain during the movement.

How to Do It:

Starting Position:

Stand sideways to a wall. Lightly place one hand on the wall for balance. Keep your feet together and body upright.

Lift the Leg:

Lift your top leg away from the wall. Keep it straight or slightly bent. Lead with your heel and raise only as high as comfortable.

Hold and Lower:

Pause briefly at the top, then lower the leg slowly without letting it touch the other leg.

Tips:

- **Beginners:**
Start with a small lift. Stay steady and avoid leaning.
- **Advanced:**
Use ankle weights or increase the range of motion for more challenge.

Helpful Tip:

Don't swing the leg. Move with control and focus on using the hip—not momentum.

WALL HIP HINGE



Video Guide

Works: Glutes and Hamstrings



Reps: Do 2 sets of 10–15 repetitions.

Avoid if: You have hip or knee injuries or limited lower body mobility.

How to Do It:

Starting Position:

Stand about 6–12 inches in front of a wall. Feet shoulder-width apart. Keep your back straight, chest lifted, and shoulders relaxed.

Hinge Back:

Bend slightly at the knees and push your hips back. Let your buttocks gently touch the wall. Keep your back flat and core tight.

Pause:

Once you touch the wall, pause briefly. You should feel your glutes and hamstrings working.

Return Up:

Slowly return to standing by pressing your hips forward. Keep your posture tall and controlled.

Tips:

- **Beginners:**

Start with a small hinge. Focus on form—don't let your back round or arch.

- **Advanced:**

Hold a light weight or hinge deeper to increase intensity.

Helpful Tip:

Move slowly and with control. Focus on the hips—not the knees—to drive the movement. Keep your core engaged the entire time.

WALL KNEE EXTENSIONS



Video Guide

Works: Front Thighs (Quadriceps)



Reps: Do 8–10 reps per leg.
Move slowly and with control.

Avoid if: You have knee injuries, recent knee surgery, or pain during leg extension.

How to Do It:

Starting Position:

Stand with your back flat against the wall. Feet hip-width apart, about a step forward from the wall.

Lower Slightly:

Slide down the wall just enough to bend your knees slightly. Tighten your core.

Extend One Leg:

Lift one leg and straighten it in front of you. Don't lock the knee. Lower it slowly.

Alternate:

Repeat on the other leg.

Tips:

- **Beginners:**

Use a smaller range of motion. Keep the movement light and controlled.

- **Advanced:**

Add ankle weights or use a resistance band to increase challenge.

Helpful Tip:

Avoid locking the knee. Keep your back flat and move with control. Focus on using the thigh muscle—not momentum.

WALL HIP FLEXOR STRETCH



Video Guide

Works: Front of the Hip (Hip Flexors)



Hold: Stay in the stretch for 20–30 seconds.
Breathe steadily.

Avoid if: You have serious hip injuries, recent surgery, or sharp pain in the hips.

How to Do It:

Starting Position:

Stand facing away from the wall, about an arm's length away. Place your hands on the wall at shoulder height.

Step Back:

Step one foot back, keeping the heel down. Bend the front knee to about 90 degrees—knee directly over ankle. Keep the back leg straight.

Stretch:

Gently press your hips forward until you feel a stretch at the front of the hip on the back leg. Keep your chest lifted and core engaged.

Switch Sides:

Repeat on the other leg.

Tips:

- **Beginners:**

Keep the stretch light and stay balanced. Don't force it.

- **Advanced:**

To deepen the stretch, lift the back heel slightly or raise both arms overhead.

Helpful Tip:

Keep your back straight and avoid arching. Focus on feeling the stretch—not pain. Breathe slowly and evenly.

WALL BALANCING POSE



Video Guide

Works: Legs, Glutes, Core



Reps: Start by holding each leg for 10–15 seconds.
Repeat 2–3 times.

BALANCE AND STABILITY
EXERCISES

29

Avoid if: You have serious balance problems or recent injuries affecting stability.

How to Do It:

Starting Position:

Stand 6–12 inches away from the wall, feet hip-width apart. Gently lean back until your spine rests against the wall.

Lift One Leg:

Raise one leg in front of you, bending the knee to 90 degrees. Keep your standing leg strong and your body tall.

Hold:

Stay balanced while keeping your core tight. Look at a fixed point to help with stability.

Switch Legs:

Lower the leg and repeat on the other side.

Tips:

- **Beginners:**

Keep the lift low. Focus on balance and control.

- **Advanced:**

Try closing your eyes or extending the raised leg forward or to the side.

Helpful Tip:

Breathe steadily. Don't lock your knee. Engage your core to stay centered.

WALL HEEL RAISES FOR BALANCE



Video Guide

Works: Calves, Balance, Core



Reps: Do 10–15 reps.
Focus on slow, steady movement.

BALANCE AND STABILITY
EXERCISES

30

Avoid if: You have recent ankle or calf injuries or pain during the movement.

How to Do It:

Starting Position:

Stand facing the wall, feet hip-width apart. Place your hands lightly on the wall for support.

Lift Heels:

Raise both heels off the ground. Balance on the balls of your feet. Hold at the top for a second.

Lower Slowly:

Lower your heels back down with control.

Tips:

- **Beginners:**

Start with a small lift. Use the wall to help with balance.

- **Advanced:**

Try doing the exercise on one leg or from a step for a deeper stretch.

Helpful Tip:

Keep your core engaged. Don't rush. Breathe evenly and move with control.

WALL TOE TAPS FOR STABILITY



Video Guide

Works: Lower Abdominals, Core, Balance



Reps: Do 10–12 alternating taps per leg.
Move slowly and stay balanced.

Avoid if: You've had recent abdominal surgery or feel pain in the lower abdomen.

How to Do It:

Starting Position:

Stand facing the wall with feet hip-width apart. Lightly place your hands on the wall, elbows slightly bent.

Tap the Wall:

Lift one leg straight in front of you. Gently tap your toe on the wall, then bring the foot back down.

Alternate Sides:

Repeat the same movement with the other leg. Keep your body stable.

Tips:

- **Beginners:**

Start with small, slow taps. Focus on stability.

- **Advanced:**

Use a balance pad or increase tapping speed for more challenge.

Helpful Tip:

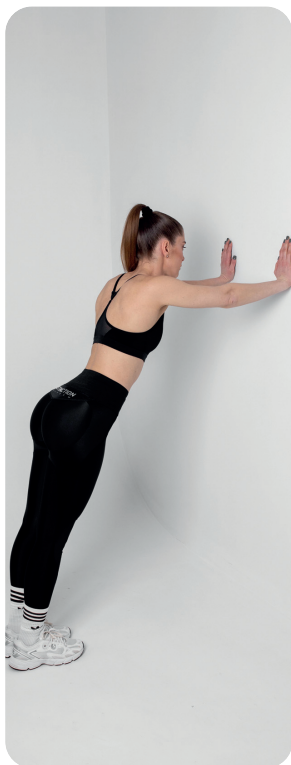
Engage your core. Avoid swaying or leaning. Keep the movement smooth and breathe evenly.

WALL KNEE LIFTS FOR BALANCE



Video Guide

Works: Core, Hip Flexors, Balance



Reps: Do 10–12 alternating reps.
Move with control and balance.

BALANCE AND STABILITY
EXERCISES

32

Avoid if: You have hip or knee injuries or pain while lifting your leg.

How to Do It:

Starting Position:

Stand facing the wall with your feet hip-width apart. Place your hands lightly on the wall for support. Keep your spine straight and core engaged.

Lift One Knee:

Raise one knee toward your chest, as high as comfortable. Hold briefly, then lower the leg back down.

Alternate Sides:

Repeat the same movement with the other leg.

Tips:

- **Beginners:**

Start with small lifts. Focus on steady movement and posture.

- **Advanced:**

Hold the knee longer at the top or use ankle weights for added challenge.

Helpful Tip:

Avoid leaning or rushing. Keep your core tight and breathe steadily throughout the exercise.

WALL SIDE LEG RAISES FOR STABILITY



Video Guide

Works: Outer Thighs, Hips, Core



Reps: Do 10–12 reps per leg.
Keep the motion smooth and steady.

BALANCE AND STABILITY
EXERCISES

33

Avoid if: You have hip, knee, or lower back injuries, or pain with side leg lifts.

How to Do It:

Starting Position:

Stand tall with your back near the wall. Place one hand lightly on the wall for balance. Keep your core engaged.

Lift the Leg:

Slowly raise your outer leg to the side. Keep it straight or slightly bent. Don't lean your upper body.

Hold:

Pause briefly at the top. Stay balanced.

Lower:

Lower the leg back down with control.

Switch Sides:

Repeat the movement with the other leg.

Tips:

- **Beginners:**

Start with low lifts. Focus on posture and balance.

- **Advanced:**

Hold the leg longer or add ankle weights.

Helpful Tip:

Use the wall for support. Keep your movements slow and avoid leaning. Engage your core to stay steady.

WALL ONE— LEGGED SQUAT



Video Guide

Works: Quads, Glutes, Hamstrings



Reps: Do 8–10 reps per leg.
Focus on balance and control.

BALANCE AND STABILITY
EXERCISES

34

Avoid if: You have knee injuries, joint instability, or pain during squats.

How to Do It:

Starting Position:

Stand tall next to a wall. Feet hip-width apart. Use your fingertips on the wall for balance if needed.

Lift One Foot:

Shift your weight onto one leg. Lift the other foot slightly off the floor.

Lower into Squat:

Bend the standing leg and lower your body slowly. Keep your back straight and your knee in line with your toes. Lower only as far as comfortable.

Return to Start:

Press through your heel to stand back up with control.

Switch Legs:

Repeat on the other leg.

Tips:

- **Beginners:**
Start with shallow squats. Use the wall for extra support.
- **Advanced:**
Try deeper squats or hold weights. Do the movement without wall support for more challenge.

Helpful Tip:

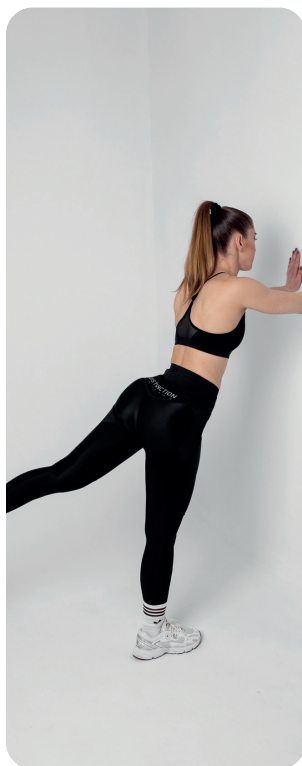
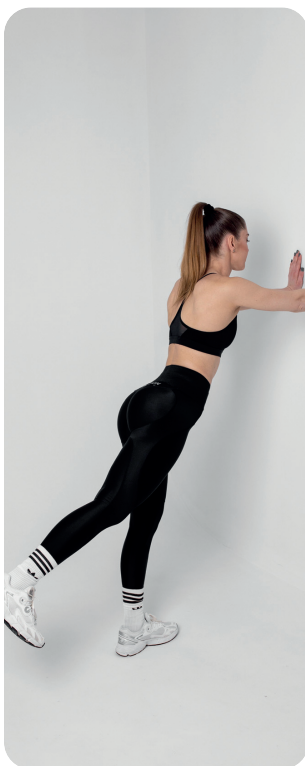
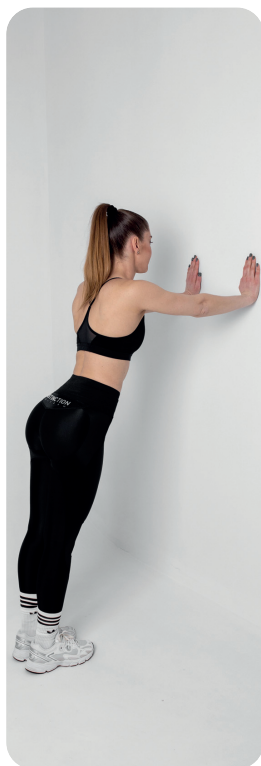
Keep your knee stable—don't let it turn inward. Engage your core and move slowly for best results.

WALL PLANK WITH ALTERNATING LEG LIFTS



Video Guide

Works: Core, Glutes, Legs



Reps: Do 8–10 leg lifts per side, moving slowly and with control.

BALANCE AND STABILITY
EXERCISES

35

Avoid if: You have injuries that limit arm or leg support, or feel pain during the movement.

How to Do It:

Starting Position:

Stand an arm's length from the wall. Place your palms on the wall below shoulder height. Step back so your body forms a straight line from head to heels.

Lift One Leg:

Keep your core tight. Raise one foot off the floor a few inches. Hold briefly, then lower it.

Alternate Sides:

Lift the other leg and repeat. Keep your hips level and body steady.

Tips:

- **Beginners:**
Start with short holds. Focus on keeping your body stable.
- **Advanced:**
Increase the hold time or bring the lifted knee toward your chest for extra challenge.

Helpful Tip:

Keep your spine straight and avoid arching your back. Stay focused on slow, steady movement and proper form.

WALL LATERAL LEG SWING



Video Guide

Works: Outer Thighs, Inner Thighs, Glutes, Core



Reps: Do 10–15 swings per leg.
Keep the pace steady and controlled.

BALANCE AND STABILITY
EXERCISES

36

Avoid if: You have hip, knee, or lower back pain, or issues with lower body stability.

How to Do It:

Starting Position:

Stand sideways to a wall. Lightly place one hand on the wall for support. Keep a soft bend in the standing leg and your core engaged.

Swing the Leg:

Swing the outer leg across your body, then out to the side. Keep the movement controlled and smooth.

Repeat:

Continue swinging the leg side to side for a set number of reps or time.

Switch Sides:

Turn to face the opposite direction and repeat with the other leg.

Tips:

- **Beginners:**

Start with small swings. Focus on balance and form.

- **Advanced:**

Add ankle weights or hold briefly at the top of each swing.

Helpful Tip:

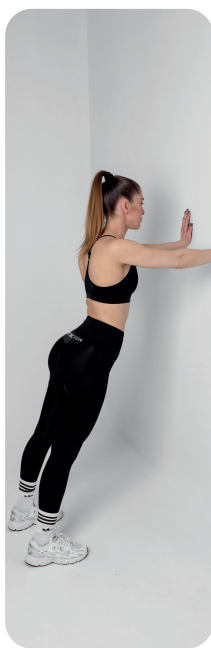
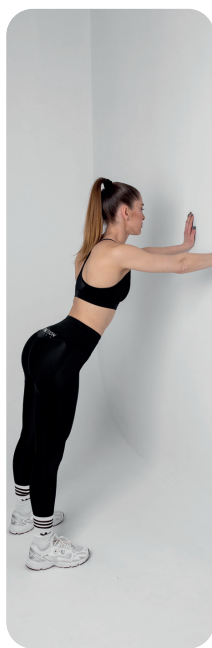
Avoid using momentum. Keep your spine straight and core tight. Let the muscles—not the motion—control the swing.

WALL STANDING HIP CIRCLES



Video Guide

Works: Hips, Core, Thighs



Reps: Do 5–10 slow circles in each direction.

Avoid if: You have hip injuries, recent lower body surgery, or pain in the hips or lower back.

How to Do It:

Starting Position:

Stand facing the wall with feet shoulder-width apart. Place your hands lightly on the wall for balance. Keep a slight bend in your knees.

Circle the Hips:

Begin rotating your hips in a circular motion—move to the right, forward, left, and back. Keep the motion smooth and controlled.

Reverse Direction:

After a few circles, switch directions and rotate the hips the other way.

Tips:

- **Beginners:**

Start with small circles. Focus on balance and coordination.

- **Advanced:**

Make the circles bigger, try one leg at a time, or add ankle weights.

Helpful Tip:

Keep your core engaged and avoid leaning. Use the wall for support and focus on smooth, steady movement.

WALL CHEST OPENER STRETCH



Video Guide

Stretches: Chest, Front Shoulders



Hold: Stay in the stretch for 15–30 seconds.
Breathe normally. Do not force the stretch.

Avoid if: You have shoulder injuries, recent surgery, or pain in the chest, shoulder, or upper back.

How to Do It:

Starting Position:

Stand next to a wall. Place one hand on the wall at shoulder height, palm flat, elbow slightly bent.

Turn the Body:

Gently turn your torso away from the wall while keeping your hand in place. You should feel a stretch across the chest and front of the shoulder.

Switch Sides:

Repeat on the other arm.

Tips:

- **Beginners:**

Start with a small turn. Increase range gradually.

- **Advanced:**

Try adjusting the arm angle or hold longer for a deeper stretch.

Helpful Tip:

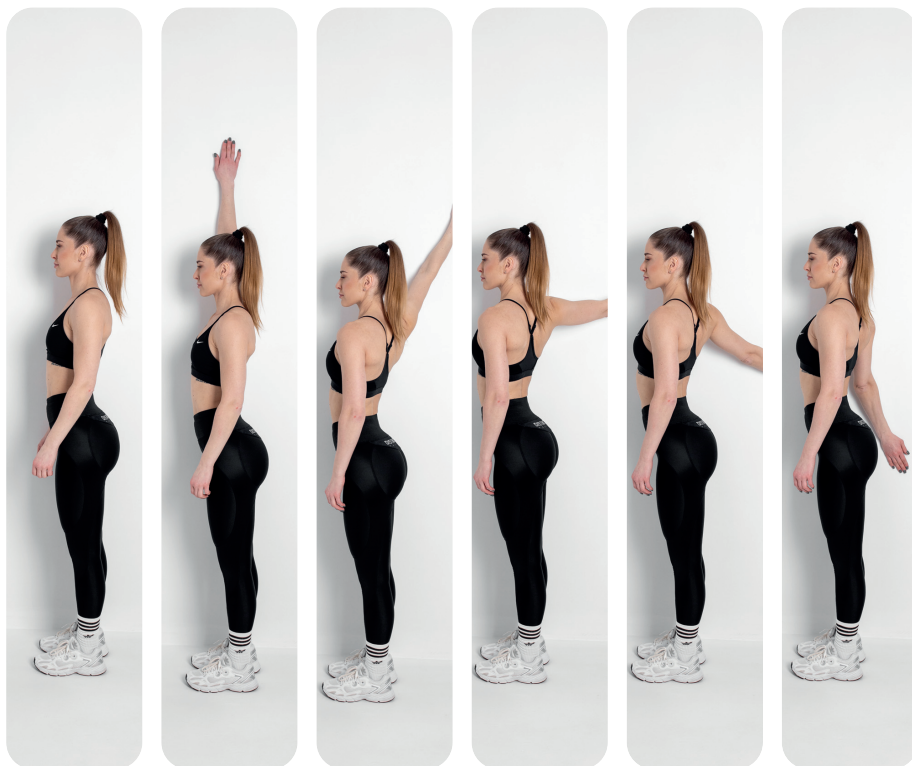
Keep the stretch gentle and controlled. Never push into pain. Focus on posture and steady breathing.

WALL CLOCK ARM STRETCH



Video Guide

Stretches: Shoulders, Chest, Upper Back



Reps: Move through the stretch
5–8 times in each direction, per arm.

Avoid if: You have shoulder injuries, pain, or limited shoulder mobility.

How to Do It:

Starting Position:

Stand next to a wall with your shoulder lightly touching it. Feet shoulder-width apart.

Arm Placement:

Extend one arm straight in front of you at shoulder height. Place your palm flat on the wall.

Clock Movement:

Slowly move your hand up and around the wall like tracing the edge of a clock—up, around, and down. Keep light contact with the wall and feel the stretch through your shoulder and chest.

Repeat on the Other Side:

Switch arms and do the same movement on the opposite side.

Tips:

- **Beginners:**
Start with small arm circles and increase range gradually.
- **Advanced:**
Use a wider motion or shift closer to the wall for a deeper stretch.

Helpful Tip:

Keep the motion slow and smooth. Don't push into pain—only stretch to a comfortable range.

WALL UPPER BACK STRETCH



Video Guide

Stretches: Upper Back, Between Shoulder Blades



Hold: Stay in the stretch for 15–30 seconds.
Breathe deeply and relax.

Avoid if: You have upper back injuries, shoulder dislocations, or pain in the upper body.

How to Do It:

Starting Position:

Stand an arm's length from the wall. Feet shoulder-width apart.

Arm Placement:

Raise both arms and place your palms flat on the wall, slightly above shoulder height.

Stretch:

Lean your chest gently toward the wall. Keep your arms straight and feel the stretch in your upper back.

Return:

Step back and lower your arms to return to standing.

Tips:

- **Beginners:**

Start with a light lean. Go deeper as flexibility improves.

- **Advanced:**

Place your hands higher or add a gentle twist to deepen the stretch.

Helpful Tip:

Move slowly. Don't force the stretch. Keep your breath steady and avoid any pain.

WALL TRICEP STRETCH



Video Guide

Stretches: Back of the Upper Arm (Triceps)



Hold: Stay in the stretch for 15–30 seconds.
Breathe deeply and stay relaxed.

Avoid if: You've had recent shoulder injuries, dislocations, or feel pain in the arms or shoulders.

How to Do It:

Starting Position:

Stand facing the wall at a comfortable distance.

Place the Arm:

Raise one arm overhead and bend it at the elbow, bringing the hand towards the upper back. Place the palm of your hand flat against the wall, keeping the elbow pointed upwards.

Stretch:

Gently lean slightly forward into the wall until you feel a stretch down the back of your upper arm.

Switch Arms:

Repeat the stretch on the other side.

Tips:

- **Beginners:**

Start with light pressure. Don't force the arm back.

- **Advanced:**

Adjust the hand position or use a towel for a deeper stretch.

Helpful Tip:

Keep your body relaxed. Avoid forcing the elbow too far back. Breathe slowly to ease into the stretch.

WALL SPINAL TWIST STRETCH



Video Guide

Stretches: Spine, Obliques, Lower Back



Hold: Stay in the twist for 15–30 seconds.
Breathe deeply.

Avoid if: You have spinal injuries, herniated discs, or pain during twisting.

How to Do It:

Starting Position:

Stand upright with your back facing the wall. Feet hip-width apart, core gently engaged.

Twist:

Place one hand on the wall at shoulder height. Slowly turn your torso away from the wall, keeping your hips facing forward. Look over your back shoulder.

Switch Sides:

Return to center and repeat on the other side.

Tips:

- **Beginners:**

Start with a light twist. Only go as far as feels comfortable.

- **Advanced:**

Deepen the twist by gently pressing your hand into the wall or holding the stretch longer.

Helpful Tip:

Keep the movement slow and controlled. Don't force the twist. Let the rotation come from your waist, not your arms.

WALL HAMSTRING STRETCH



Video Guide

Stretches: Hamstrings



Repeat: Do 2–3 rounds on each side.

Avoid if: You have a hamstring injury or limited hip/knee mobility.

How to Do It:

Starting Position:

Lie on your back with your buttocks close to the wall. Extend both legs up the wall. Keep your arms relaxed by your sides.

Bend One Leg:

Keep one leg straight against the wall. Bend the other leg, bringing the foot down toward your buttocks.

Stretch:

Gently pull the bent knee toward your chest. You should feel a stretch along the back of the straight leg.

Hold:

Stay in this position for 20–30 seconds. Breathe slowly and stay relaxed.

Switch Sides:

Return the bent leg to the wall, then repeat on the other leg.

Tips:

- **Beginners:**

Stretch gently. Do not force the leg. Focus on comfort and breathing.

- **Advanced:**

To go deeper, place a towel or strap around the foot of the straight leg and gently pull.

Helpful Tip:

Never push through pain. Stay within a gentle stretch and focus on deep, even breaths.

WALL QUADRICEPS STRETCH



Video Guide

Stretches: Front of the thigh (quadriceps)



Hold: Stay in the stretch for 30–60 seconds.
Breathe deeply and stay relaxed.

Avoid if: You have knee injuries or feel pain during the stretch.

How to Do It:

Get in Position:

Stand tall, facing the wall, about one arm's length away. Keep your feet hip-width apart.

Find Balance:

Place one hand on the wall. Bend one leg and bring your heel toward your buttocks. Use the other hand to hold your ankle.

Stretch:

Keep your knees close together. Gently pull your foot toward your buttocks until you feel a stretch in the front of your thigh. Keep your chest lifted and your back straight.

Switch Sides:

Lower the foot. Repeat the stretch on the other leg.

Tips:

- **Beginners:**

Use the wall for support. If reaching your ankle is difficult, use a strap or towel around your foot.

- **Advanced:**

Deepen the stretch by pulling the foot closer to your body or holding the stretch longer.

Helpful Tip:

Avoid arching your back or leaning forward. Focus on balance, posture, and slow breathing for the best results.

WALL CALF STRETCH



Video Guide

Stretches: Calf muscles (back of the lower leg)



Hold: Hold the stretch for 30–60 seconds.
Breathe slowly and stay relaxed.

FLEXIBILITY AND STRETCHING
EXERCISES

45

Avoid if: You have Achilles injuries or ankle pain.

How to Do It:

Setup:

Stand facing the wall. Place both hands on the wall at shoulder height.

Foot Position:

Step one foot back. Keep that heel flat on the floor. Place the ball of the front foot slightly against the wall.

Stretch:

Lean forward gently, moving your hips toward the wall. You should feel a stretch in the back leg's calf.

Switch Legs:

Return to the starting position and repeat on the other side.

Tips:

- **Beginners:**

Keep the stretch light at first. Use the wall to help with balance.

- **Advanced:**

To go deeper, raise the toes of the front foot higher up the wall or place a towel under the foot.

Helpful Tip:

Keep your back heel grounded. Don't bounce or force the stretch. Breathe deeply to help your muscles relax.

WALL HIP FLEXOR STRETCH



Video Guide

Stretches: Front of the hip (hip flexors)



Hold: Stay in the stretch for 30–60 seconds.
Breathe slowly.

Avoid if: You have hip or lower back pain.

How to Do It:

Start:

Stand an arm's length from the wall. Place both hands on the wall at shoulder height.

Step Back:

Step one foot back. Keep the front foot flat and bend the front knee slightly.

Stretch:

Keep your back heel on the floor. Lean your hips forward gently until you feel a stretch in the front of your back leg's hip.

Switch Sides:

Return to the starting position and repeat on the other leg.

Tips:

- **Beginners:**
Start with a light stretch and focus on balance.
- **Advanced:**
Step the front foot farther forward or tuck the pelvis slightly to deepen the stretch.

Helpful Tip:

Keep your torso upright and avoid arching your back. Let the stretch build gradually without pain.

WALL GLUTE STRETCH



Video Guide

Stretches: Glutes, hips, and lower back



Hold: Hold for 30–60 seconds.
Breathe slowly and stay relaxed.

Avoid if: You have hip injuries or lower back pain.

How to Do It:

Set Up:

Lie on your back and place your legs up against the wall. Your hips should be close to the wall.

Cross Over:

Cross your right ankle over your left thigh to form a figure-four shape.

Stretch:

Gently press your right knee towards the wall while keeping your back straight and your chest lifted. Hold the stretch and feel the gentle release in the glute muscles.

Switch Sides:

Uncross your legs and repeat the stretch on the other side.

Tips:

- **Beginners:**

Start with a mild stretch. Adjust how close your hips are to the wall.

- **Advanced:**

Deepen the stretch by pressing your top knee slightly toward the wall or using a resistance band.

Helpful Tip:

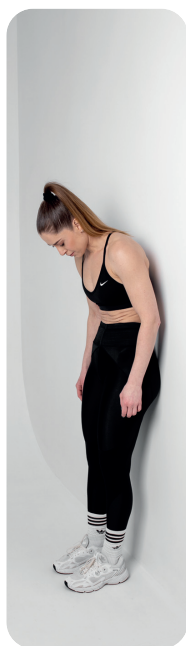
Move slowly and stay relaxed. Keep your back flat and avoid forcing the stretch. Focus on your breath and ease deeper over time.

WALL ROLL DOWN



Video Guide

Works: Core, back, hamstrings, shoulders



Repeat: Do 5 slow repetitions.

WHOLE BODY
INTEGRATION EXERCISES

48

Avoid if: You have back injuries or severe osteoporosis.

How to Do It:

Starting Position:

Stand with your back against the wall, feet hip-width apart and a few inches away from the wall. Keep your spine long and your arms relaxed by your sides.

Roll Down:

Take a deep breath in. As you exhale, tuck your chin to your chest and slowly begin to roll down. Let your shoulders round forward. Continue rolling down one vertebra at a time, peeling your back away from the wall. Keep your arms hanging loosely.

Stretch:

At the bottom, let your head and arms hang. You should feel a stretch in the back of your legs and spine. Keep a light engagement in your core.

Roll Up:

Inhale. Begin to roll back up slowly, stacking one vertebra at a time. Your head comes up last.

Tips:

Beginners: Start with a partial roll down until flexibility improves.

Advanced: Try the move more slowly, or add light hand weights.

Helpful Tip:

Move slowly and with control. Focus on each segment of your spine. Don't rush or bounce. Keep your breath steady.

WALL CAT–COW STRETCH



Video Guide

Works: Spine, core, shoulders



Repeat: Continue for 5–8 slow breaths.

WHOLE BODY
INTEGRATION EXERCISES

49

Avoid if: You have serious neck or spinal injuries.

How to Do It:

Starting Position:

Stand about an arm's length from the wall. Feet hip-width apart. Place your palms flat on the wall at shoulder height. Keep a soft bend in the knees.

Cat Stretch (Exhale):

Round your back away from the wall. Pull your belly in. Tuck your chin to your chest. Push into the wall with your hands. Feel the stretch through your upper and lower back.

Cow Stretch (Inhale):

Arch your back gently. Let your belly move toward the wall. Lift your chest and look slightly up. Draw your shoulder blades together.

Flow:

Move slowly between Cat and Cow. Exhale as you round the spine (Cat). Inhale as you arch the spine (Cow).

Tips:

- **Beginners:**
Start with small movements until coordination improves.
- **Advanced:**
Hold each position longer or deepen the curve.

Helpful Tip:

Keep your neck and shoulders relaxed. Let your breath guide your movement. Avoid pushing or forcing the stretch.

WALL SPINAL ARTICULATION



Video Guide

Focus: Spine flexibility and core engagement



Repeat: Do 4–6 slow and steady reps.

WHOLE BODY
INTEGRATION EXERCISES

50

Avoid if: You have serious back pain or spinal injury

How to Do It:

Starting Position:

Stand with your back against the wall. Feet hip-width apart, a few inches from the wall. Arms relaxed by your sides.

Align the Spine:

Inhale. Lengthen through the top of your head.
Keep a small natural curve in your lower back.
Gently engage your core.

Roll Down (Exhale):

Tuck your chin to your chest. Slowly peel your spine off the wall—neck, upper back, mid-back, and lower back. Let your arms hang. Go only as far as comfortable.

Roll Up (Inhale):

Begin restacking the spine—start from the lower back, then mid-back, upper back, and head last. Return to standing tall against the wall.

Tips:

- **Beginners:**
Start with partial roll-downs.
- **Advanced:**
Pause halfway down or hold at the bottom to deepen control.

Helpful Tip:

Feel each vertebra moving one by one. Move slowly. Keep your core gently active. Avoid rushing or forcing the motion.

WALL PELVIC TILTS



Video Guide

Focus: Core engagement, pelvic mobility



Repeat: Perform 8–10 slow tilts. Match each movement with your breath: Exhale to tilt back (flatten the back), inhale to tilt forward (release slightly).

WHOLE BODY
INTEGRATION EXERCISES

51

Avoid if: You have pelvic pain or recent pelvic surgery

How to Do It:

Starting Position:

Stand with your back flat against the wall. Feet hip-width apart and a few inches away from the wall. Let your arms rest at your sides.

Find Neutral:

Keep your spine natural. Your lower back should gently touch or hover near the wall. Take a slow breath in.

Pelvic Tilt – Exhale:

Gently press your lower back into the wall by tilting your pelvis backward. Tighten your lower abs.

Return – Inhale:

Let your pelvis tilt forward, creating a small space behind your lower back. Keep it subtle and controlled.

Tips:

- **Beginners:**

Focus on gentle movement. Avoid pushing or over-tucking.

- **Advanced:**

Try holding each tilt a few seconds or do it on a soft surface for added challenge.

Helpful Tip:

Keep your upper body relaxed. Let the motion come from the pelvis. Keep it slow, smooth, and steady.

WALL FULL-BODY CIRCLES



Video Guide

Focus: Core, balance, and spinal mobility



Repeat: Make 4–5 circles in one direction. Then switch and do the same number in the other direction.

WHOLE BODY
INTEGRATION EXERCISES

52

Avoid if: You have joint pain or feel dizzy while standing

How to Do It:

Starting Position:

Face the wall and stand a few inches away.

Feet shoulder-width apart, arms lightly extended toward the wall.

Activate Core:

Gently draw your belly in toward your spine.

Begin Circle:

Start a slow circular motion with your upper body.

Move from the head, shoulders, torso, hips, and legs—then circle back up.

Full Flow:

Make the motion smooth and connected. Keep your weight evenly spread over your feet.

Tips:

- **Beginners:** Start with small, shallow circles.
- **Advanced:** Go slower to increase control and challenge your balance.

Helpful Tip:

Breathe steadily. Inhale as you rise, exhale as you lower.

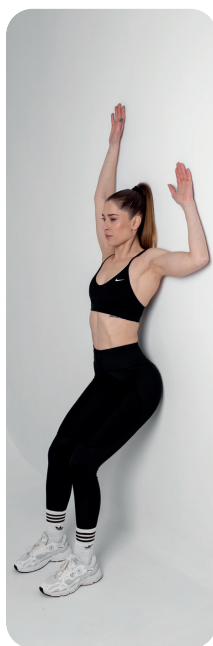
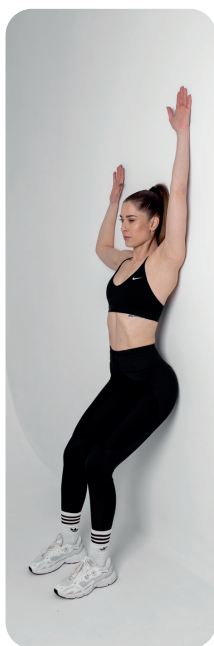
Focus on keeping the motion fluid and the core gently engaged.

WALL SQUAT TO OVERHEAD REACH



Video Guide

Focus: Legs, glutes, core, shoulders



Repeat: Do 6–10 reps with smooth, steady movement.

WHOLE BODY
INTEGRATION EXERCISES

53

Avoid if: You have knee, hip, or balance issues

How to Do It:

Starting Position:

Stand with your back flat against a wall. Feet slightly wider than hip-width, about 2 feet from the wall. Arms by your sides.

Squat:

Slide down the wall until your thighs are parallel to the floor. Keep knees in line with your toes.

Reach:

From the squat, lift both arms straight overhead. Lower your elbows alternately. Keep your spine flat on the wall and don't arch your back.

Return:

Lower your arms, then press through your heels to return to standing.

Tips:

- **Beginner:**

Start with a shallow squat.

- **Advanced:**

Add light weights or pause at the bottom of the squat.

Helpful Tip:

Keep your back flat and knees over toes. Breathe in as you squat, breathe out as you rise and reach.

WALL STANDING TWIST



Video Guide

Focus: Core, obliques, spinal flexibility



Repeat: Alternate sides for 6–10 slow, steady reps.

WHOLE BODY
INTEGRATION EXERCISES

54

Avoid if: You have spinal injuries or neck/back pain

How to Do It:

Starting Position:

Stand an arm's length from the wall, feet hip-width apart. Extend your arms forward at shoulder height.

Twist:

Exhale and slowly rotate your torso to one side, keeping hips forward. Gently touch the wall with both hands.

Hold:

Pause briefly in the twist. Inhale and return to the center.

Switch Sides:

Repeat the same motion to the other side.

Tips:

- **Beginner:**
Start with small, slow twists.
- **Advanced:**
Add light weights or perform while balancing on one leg.

Helpful Tip:

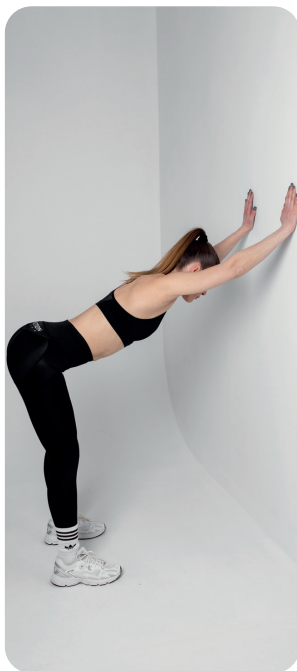
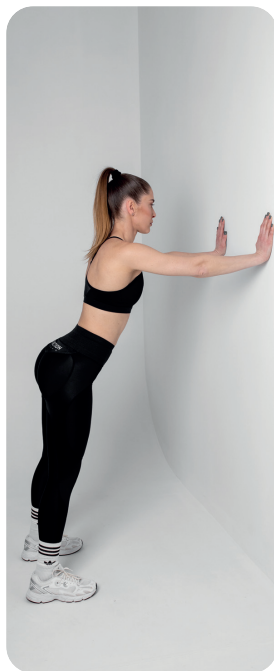
Twist from the waist, not the hips. Keep knees soft and hips stable. Breathe deeply and move with control.

WALL MODIFIED DOWNWARD DOG



Video Guide

Focus: Hamstrings, calves, shoulders, spine



Hold: Press into the wall and feel the stretch through your back, shoulders, and legs. Relax your neck and breathe deeply.

WHOLE BODY
INTEGRATION EXERCISES

55

Avoid if: You have shoulder, neck, or lower back pain

How to Do It:

Starting Position:

Face the wall. Place your hands flat on it at shoulder height. Step back slowly, keeping your feet hip-width apart.

Form the Stretch:

Walk your hands down the wall and hips back until your body makes an «L» shape. Arms and back should be straight, head between your arms. Knees can stay slightly bent.

Release:

Slowly walk your hands back up and step in toward the wall to return to standing.

Tips:

- **Beginner:**
Keep knees slightly bent to avoid strain.
- **Advanced:**
Step feet farther from the wall or lift one leg at a time for a deeper stretch.

Helpful Tip:

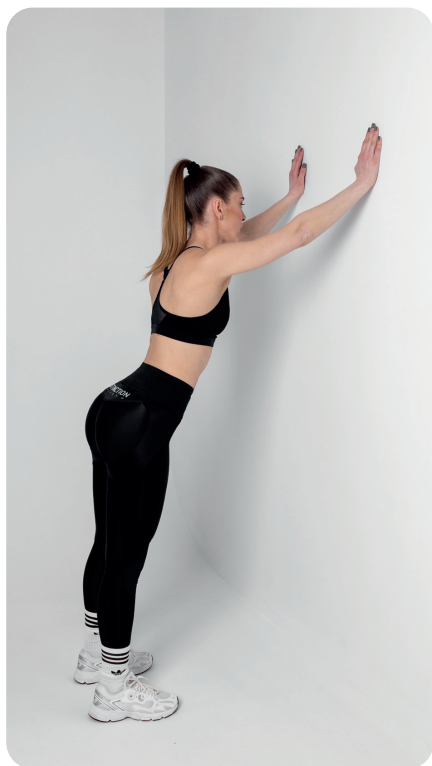
Focus on a long spine and steady breathing. Don't force the stretch—ease into it at your pace.

WALL ARM-LEG EXTENSION



Video Guide

Focus: Core, shoulders, glutes, balance



Reps: Repeat 6–10 times per side.
Breathe out as you lift, inhale as you return.

Avoid if: You have shoulder, hip, or balance issues

How to Do It:

Starting Position:

Stand about one arm's length from the wall. Place both palms flat against it at shoulder height. Keep your feet hip-width apart.

Extend:

Tighten your core. Lift your right leg straight behind you while raising your left arm forward. Keep both straight and in line with your body.

Hold:

Pause briefly. Keep your back flat and hips level.

Switch Sides:

Lower your arm and leg. Repeat with the left leg and right arm.

Tips:

- **Beginner:**

Focus on control. Lift one limb at a time if needed.

- **Advanced:**

Hold longer or try lifting just the arm or leg while balancing on the other.

Helpful Tip:

Keep your spine neutral. Don't arch your back. Start slow—balance will improve with practice.

WALL SIDE BEND



Video Guide

Focus: Obliques, side waist, spine



Reps: Repeat 4–6 times per side.
Exhale as you bend, inhale as you return.

WHOLE BODY
INTEGRATION EXERCISES

57

Avoid if: You have rib, hip, or shoulder injuries, or severe side pain

How to Do It:

Starting Position:

Stand with your right side near the wall. Feet hip-width apart.

Lift your right arm and place your palm flat on the wall above your head. Left arm hangs at your side.

Side Bend:

Tighten your core. Slowly bend your torso to the left, keeping your hips still.

Feel a gentle stretch along the right side of your body.

Hold:

Stay in the stretch for a few breaths. Don't force it.

Return:

Slowly come back to the starting position.

Switch sides and repeat on the left.

Tips:

- **Beginner:**

Start with a small bend. Balance may feel tricky at first.

- **Advanced:**

Hold longer or add a small twist at the deepest part of the stretch.

Helpful Tip:

Keep your spine long. Don't lean forward or back.

Focus on a clean side bend. Stretch gently.

WEEK 1: DAY 1

1

3 sets
of 15 reps

2

Hold each variation for 30
seconds (Regular plank, side
plank, forearm plank)

8

3 sets
of 12 reps
(each side)

9

Hold for 30 seconds,
3 sets

5

3 sets
of 12 reps

WEEK 1: DAY 2

10

3 sets
of 12 reps

13

3 sets
of 12 reps

15

3 sets
of 12 reps

14

3 sets
of 12 reps

12

3 sets of 10 taps
(each shoulder)

WEEK 1: DAY 3

19

3 sets
of 15 reps

20

3 sets of 12 reps
(each leg)

21

3 sets
of 12 reps

22

3 sets
of 15 reps

23

3 sets
of 12 reps

WEEK 1: DAY 4

29

Hold for 45 seconds,
3 sets

34

3 sets of 10 reps
(each leg)

35

3 sets of 10 reps
(each leg)

37

3 sets of 10 circles
(clockwise and
counterclockwise)

36

3 sets of 10 swings
(each leg)

WEEK 1: DAY 5

38

Hold for 30 seconds,
3 sets

42

Hold for 30 seconds
(each side), 3 sets

43

Hold for 30 seconds
(each leg), 3 sets

44

Hold for 30 seconds
(each leg), 3 sets

47

Hold for 30 seconds
(each side), 3 sets

WEEK 1: DAY 6

48

3 sets
of 10 reps

49

3 sets
of 10 reps

52

3 sets of 5 circles
(clockwise and
counterclockwise)

51

3 sets
of 12 reps

57

3 sets of 12 reps
(each side)

WEEK 1: DAY 7



Rest and Recovery

WEEK 2: DAY 1

27

3 sets
of 12 reps

16

3 sets of 10 reps
(each arm)

23

3 sets
of 12 reps

30

3 sets
of 15 reps

40

Hold for 30 seconds,
3 sets

WEEK 2: DAY 2

03

3 sets of 15 reps
(each side)

41

Hold for 30 seconds
(each arm), 3 sets

26

3 sets
of 12 reps

54

3 sets of 12 reps
(each side)

31

3 sets of 15 reps
(each foot)

WEEK 2: DAY 3

06

3 sets of 12 reps
(each leg)

12

3 sets of 10 taps
(each shoulder)

24

3 sets of 12 reps
(each leg)

39

Hold for 30 seconds
(each arm), 3 sets

44

Hold for 30 seconds
(each leg), 3 sets

WEEK 2: DAY 4

48

3 sets
of 10 reps

13

3 sets
of 12 reps

37

3 sets of 10 circles
(clockwise and
counterclockwise)

08

3 sets of 12 reps
(each side)

29

Hold for 45 seconds,
3 sets

WEEK 2: DAY 5

02

Hold each variation for 30
seconds (Regular plank,
side plank, forearm plank)

22

3 sets
of 15 reps

17

Hold for 30 seconds
(each arm), 3 sets

25

3 sets of 12 reps
(each leg)

09

Hold for 30 seconds,
3 sets

WEEK 2: DAY 6

10

3 sets
of 12 reps

21

3 sets
of 12 reps

18

Hold for 30 seconds
(each arm), 3 sets

36

3 sets of 10 swings
(each leg)

52

3 sets of 5 circles
(clockwise and
counterclockwise)

WEEK 2: DAY 7



Rest and Recovery

WEEK 3: DAY 1



3 sets
of 12 reps



3 sets
of 10 reps



Hold for 30 seconds
(each leg), 3 sets



3 sets of 10 reps
(each leg)



3 sets of 12 reps
(each side)

WEEK 3: DAY 2



3 sets of 12 reps
(each leg)



3 sets
of 12 reps



Hold for 30 seconds
(each leg), 3 sets



Hold for 30 seconds,
3 sets



3 sets
of 10 reps

WEEK 3: DAY 3

21

3 sets
of 12 reps

14

3 sets
of 12 reps

47

Hold for 30 seconds
(each side), 3 sets

35

3 sets of 10 reps
(each leg)

51

3 sets
of 12 reps

WEEK 3: DAY 4

01

3 sets
of 15 reps

10

3 sets
of 12 reps

44

Hold for 30 seconds
(each leg), 3 sets

49

3 sets
of 10 reps

22

3 sets
of 15 reps

WEEK 3: DAY 5

20

3 sets of 12 reps
(each leg)

16

3 sets of 10 reps
(each arm)

52

3 sets of 5 circles
(clockwise and
counterclockwise)

57

3 sets of 12 reps
(each side)

29

Hold for 45 seconds,
3 sets

WEEK 3: DAY 6

08

3 sets of 12 reps
(each side)

12

3 sets of 10 taps
(each shoulder)

17

Hold for 30 seconds
(each arm), 3 sets

23

3 sets
of 12 reps

30

3 sets
of 15 reps

WEEK 3: DAY 7



Rest and Recovery

WEEK 4: DAY 1

08

3 sets of 12 reps
(each side)

02

Hold each variation for 30
seconds (Regular plank, side
plank, forearm plank)

05

3 sets
of 12 reps

09

Hold for 30 seconds,
3 sets

06

3 sets of 12 reps
(each leg)

WEEK 4: DAY 2

13

3 sets
of 12 reps

15

3 sets
of 12 reps

12

3 sets of 10 taps
(each shoulder)

14

3 sets
of 12 reps

18

Hold for 30 seconds
(each arm), 3 sets

WEEK 4: DAY 3

19

3 sets
of 15 reps

20

3 sets of 12 reps
(each leg)

22

3 sets
of 15 reps

26

3 sets
of 12 reps

27

3 sets
of 12 reps

WEEK 4: DAY 4

29

Hold for 45 seconds,
3 sets

34

3 sets of 10 reps
(each leg)

35

3 sets of 10 reps
(each leg)

37

3 sets of 10 circles
(clockwise and
counterclockwise)

36

3 sets of 10 swings
(each leg)

WEEK 4: DAY 5

43

Hold for 30 seconds
(each leg), 3 sets

38

Hold for 30 seconds,
3 sets

44

Hold for 30 seconds
(each leg), 3 sets

42

Hold for 30 seconds
(each side), 3 sets

47

Hold for 30 seconds
(each side), 3 sets

WEEK 4: DAY 6

48

3 sets
of 10 reps

49

3 sets
of 10 reps

51

3 sets
of 12 reps

52

3 sets of 5 circles
(clockwise and
counterclockwise)

57

3 sets of 12 reps
(each side)

WEEK 4: DAY 7



Rest and Recovery

Remember to listen to your body and modify exercises as needed. It's essential to maintain proper form throughout each exercise to prevent injury and maximize effectiveness. Additionally, stay hydrated and fuel your body with nutritious foods to support your workouts. Enjoy your weeks of wall Pilates!