

Unwind & De-Stress Wall Pilates

Stand find the straight spine, one foot away from wall

Wall Chair Hold 10 count

Cat Cow Stretch with hands on thighs

Roll Down (Roll Up) + hanging arm circle

Arm Circle

Rowing

- From the Chest
- From the Hips(start with knees bent, straighten as roll up)
- Shave
- Hug

Short Box

- Round
- Side to Side
- Tree

Saw- knees bent, one hand holding opposite knee and other arm back slide on the wall

Swan + Neck Roll - hands on the wall, chest lift, on toes

Serratus Push-Ups on forearms

Side Bend

Front Split

Standing Chest Expansion with head turns

Standing Front Chest Expansion

- Arm Circle
- Shave
- Hug