

WEEK 1

MONDAY

- Wall squats: 3 sets x 10 reps
- Wall roll-downs: 3 sets x 5 reps
- Wall arm circles: 3 sets x 10 reps per direction

TUESDAY

- Rest

WEDNESDAY

- Wall bridge: 3 sets x 10 reps
- Wall side leg raise: 3 sets x 10 reps per leg
- Wall chest stretch: 3 sets x 20 secs

THURSDAY

- Rest

FRIDAY

- Wall Sit: 3 sets x 20 seconds
- Wall Roll-Downs: 3 sets x 5 reps
- Wall Arm Circles: 3 sets x 10 reps per direction

SATURDAY & SUNDAY

- Rest



WEEK 2

MONDAY

- Wall Squats: 3 sets x 12 reps
- Wall Roll-Downs: 3 sets x 6 reps
- Wall Arm Circles: 3 sets x 12 reps per direction

TUESDAY

- Rest

WEDNESDAY

- Wall Bridge: 3 sets x 12 reps
- Wall Side Leg Raises: 3 sets x 12 reps per side
- Wall Chest Stretch: 3 sets x 25 seconds

THURSDAY

- Wall Sit: 3 sets x 25 seconds
- Wall Roll-Downs: 3 sets x 6 reps
- Wall Arm Circles: 3 sets x 12 reps per direction

FRIDAY

- Wall Plank: 3 sets x 35 seconds
- Wall Leg Lifts: 3 sets x 15 reps per leg
- Wall Push-Ups: 3 sets x 15 reps

SATURDAY & SUNDAY

- Rest



WEEK 3

MONDAY

- Wall Squats: 3 sets x 15 reps
- Wall Roll-Downs: 3 sets x 7 reps
- Wall Arm Circles: 3 sets x 15 reps per direction

TUESDAY

- Rest

WEDNESDAY

- Wall Squats: 3 sets x 15 reps
- Wall Roll-Downs: 3 sets x 7 reps
- Wall Arm Circles: 3 sets x 15 reps per direction

THURSDAY

- Wall Sit: 3 sets x 30 seconds
- Wall Roll-Downs: 3 sets x 7 reps
- Wall Arm Circles: 3 sets x 15 reps per direction

FRIDAY

- Wall Plank: 3 sets x 45 seconds
- Wall Leg Lifts: 3 sets x 18 reps per leg
- Wall Push-Ups: 3 sets x 18 reps

SATURDAY & SUNDAY

- Rest



WEEK 4

MONDAY

- Wall Squats: 3 sets x 18 reps
- Wall Roll-Downs: 3 sets x 8 reps
- Wall Arm Circles: 3 sets x 18 reps per direction

TUESDAY

- Rest

WEDNESDAY

- Wall Bridge: 3 sets x 18 reps
- Wall Side Leg Raises: 3 sets x 18 reps per side
- Wall Chest Stretch: 3 sets x 35 seconds

THURSDAY

- Wall Sit: 3 sets x 35 seconds
- Wall Roll-Downs: 3 sets x 8 reps
- Wall Arm Circles: 3 sets x 18 reps per direction

FRIDAY

- Wall Plank: 3 sets x 60 seconds
- Wall Leg Lifts: 3 sets x 20 reps per leg
- Wall Push-Ups: 3 sets x 20 reps

SATURDAY & SUNDAY

- Rest

