

EXERCISE SEQUENCE

Building on the exercises in the preceding chapter, the Intermediate Programme adds several new exercises to your workout. This exercise sequence chart provides a visual cue card: when performed in the order shown, the entire programme will flow smoothly and easily. As you progress, you should need to refer only to the chart to complete your workout.



1 The Hundred
0:00:10



2 Roll-Up
0:00:15



3 Single Leg Circles
0:00:10



4 Rolling Like a Ball
0:00:10



5 Single Leg Stretch
0:00:15



6 Double Leg Stretch
0:00:15



7 Single Straight Leg Stretch
0:00:15



8 Double Straight Leg Stretch
0:00:15



9 Knee-Draw
0:00:15



10 Spine Stretch Forward
0:00:10



11 Open Leg Rocker
0:00:10



12 Core Crunch
0:00:10



13 Saw
0:00:10



14 Neck Roll
0:00:10



15 Single Leg Kick
0:00:10



16 Double Leg Kick
0:00:10



17 Neck Pull
0:00:10



18 Side Kicks Series
0:00:10



19 Heaver Series
0:00:10



20 Seal
0:00:10

What Is Pilates For Beginners Explained For Experts

LL Leslie

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

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Menopause For Dummies Marcia L. Jones, Theresa Eichenwald, Nancy W. Hall, 2011-04-18 A comprehensive and practical guide for women of all ages to gain a clear view of the physical mental and emotional changes related to menopause. Although menopause is a natural and inevitable stage in every woman's life its physical mental and emotional manifestations can vary greatly from one person to the next. Add the conflicting expert information about the benefits risks and side effects to which women are exposed on a daily basis and it's easy to see many women find it difficult to make informed choices about how to deal with their menopausal symptoms. Authored by a team of acknowledged experts in treating menopausal symptoms Menopause For Dummies provides you with all the information you need to stay in control every step of the way. In plain English it explains the role menopause plays in a variety of common health problems such as osteoporosis stroke and heart disease. It walks you through proven measures for minimizing your risk of developing complications including diet and exercise stress management hormone replacement and other techniques. And this no nonsense guide gives you authoritative up to the minute coverage of How to identify pre menopause perimenopause and what it means. The stages of menopause. How menopause can affect your body emotions and libido. The latest facts about hormone replacement therapy. The pros and cons of various alternative treatments. The best ways of handling hot flashes. Easing symptoms with diet and exercise. Preventing bone loss. Helpful lifestyle changes. This book has four top ten lists to provide even more ways of navigating the changes you'll experience throughout menopause. Exposing common myths about menopause giving you the scoop on medical tests you might need. Kicking around ideas to kick start or rejuvenate your exercise routine and tempting you with fabulous healthy foods because eating healthy doesn't have to be boring. Additionally the book has a glossary and a list of resources to find more information about menopause hormones and related conditions. With Menopause For Dummies in your corner you'll have a kinder gentler change of life.

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