

# EXERCISE SEQUENCE

Building on the exercises in the preceding chapters, 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.



4 The Hundred  
0:00:10

5 Roll Up  
0:00:15

6 Single Leg Circles  
0:00:10



7 Rolling Like a Ball  
0:00:10

8 Single Leg Stretch  
0:00:15

9 Double Leg Stretch  
0:00:10



10 Single Straight Leg Stretch  
0:00:10

11 Double Straight Leg Stretch  
0:00:15

12 One-Eyes  
0:00:10



13 Spine Stretch Forward  
0:00:10



14 Open Leg Rocker  
0:00:10



15 Corkscrew  
0:00:10



16 Saw  
0:00:10



17 Neck Roll  
0:00:10



18 Single Leg Kick  
0:00:10



19 Double Leg Kick  
0:00:10



20 Neck Pull  
0:00:10



21 Side Kicks Series  
0:00:10



22 Heaver Series  
0:00:10



23 Seal  
0:00:10

# How To Pilates For Beginners Explained 25447

**Michael Hoelscher**



**How To Pilates For Beginners Explained 25447:**

## **How To Pilates For Beginners Explained 25447** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**How To Pilates For Beginners Explained 25447**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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