

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
0:00:10



7 Single Straight Leg Stretch
0:00:10



8 Double Straight Leg Stretch
0:00:10



9 Knee-Draw
0:00:10



10 Spine Stretch Forward
0:00:10



11 Open Leg Rocker
0:00:10



12 Cat/Cow
0:00:10



13 Low
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 Tracer Series
0:00:10



20 Seal
0:00:10

How To Pilates For Beginners Guide For Students

Lingsheng Yao



How To Pilates For Beginners Guide For Students:

This book delves into How To Pilates For Beginners Guide For Students. How To Pilates For Beginners Guide For Students is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into How To Pilates For Beginners Guide For Students, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to How To Pilates For Beginners Guide For Students
 - Chapter 2: Essential Elements of How To Pilates For Beginners Guide For Students
 - Chapter 3: How To Pilates For Beginners Guide For Students in Everyday Life
 - Chapter 4: How To Pilates For Beginners Guide For Students in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of How To Pilates For Beginners Guide For Students. This chapter will explore what How To Pilates For Beginners Guide For Students is, why How To Pilates For Beginners Guide For Students is vital, and how to effectively learn about How To Pilates For Beginners Guide For Students.
 3. In chapter 2, this book will delve into the foundational concepts of How To Pilates For Beginners Guide For Students. This chapter will elucidate the essential principles that need to be understood to grasp How To Pilates For Beginners Guide For Students in its entirety.
 4. In chapter 3, the author will examine the practical applications of How To Pilates For Beginners Guide For Students in daily life. The third chapter will showcase real-world examples of how How To Pilates For Beginners Guide For Students can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of How To Pilates For Beginners Guide For Students in specific contexts. The fourth chapter will explore how How To Pilates For Beginners Guide For Students is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about How To Pilates For Beginners Guide For Students. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of How To Pilates For Beginners Guide For Students.

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