

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 One-Down
0:00:10



10 Spine Stretch Forward
0:00:10



11 Open Leg Rocker
0:00:10



12 Cat/Cow
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 Tracer Series
0:00:10



20 Seal
0:00:10

Advanced Pilates For Beginners Guide 38260 76924

Daniel F McAuley



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Adopting the Tune of Phrase: An Mental Symphony within **Advanced Pilates For Beginners Guide 38260 76924**

In a global consumed by screens and the ceaseless chatter of immediate connection, the melodic splendor and psychological symphony created by the prepared term frequently diminish into the background, eclipsed by the constant sound and interruptions that permeate our lives. Nevertheless, situated within the pages of **Advanced Pilates For Beginners Guide 38260 76924** a wonderful literary prize filled with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that captivating masterpiece conducts viewers on a mental journey, well unraveling the hidden melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of this emotional examination, we shall discover the book is central harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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