

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 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 Heaver Series
0:00:10



20 Seal
0:00:10

How To Pilates For Beginners Explained 25447

Lauren Gardner



How To Pilates For Beginners Explained 25447:

Enjoying the Track of Expression: An Mental Symphony within **How To Pilates For Beginners Explained 25447**

In a global eaten by screens and the ceaseless chatter of immediate communication, the melodic elegance and psychological symphony produced by the written term often fade in to the backdrop, eclipsed by the relentless sound and distractions that permeate our lives. Nevertheless, nestled within the pages of **How To Pilates For Beginners Explained 25447** a charming literary treasure overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that captivating masterpiece conducts readers on a mental journey, skillfully unraveling the hidden songs and profound impact resonating within each carefully constructed phrase. Within the depths of the moving analysis, we shall discover the book is key harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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