

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
02:00-03:00



2 Roll-Up
03:00-03:30



3 Single Leg Circles
03:30-04:00



4 Rolling Like a Ball
04:00-04:30



5 Single Leg Stretch
04:30-05:00



6 Double Leg Stretch
05:00-05:30



7 Single Straight Leg Stretch
05:30-06:00



8 Double Straight Leg Stretch
06:00-06:30



9 Knee-Cross
06:30-07:00



10 Spine Stretch Forward
07:00-07:30



11 Open Leg Rocker
07:30-08:00



12 Corkscrew
08:00-08:30



13 Saw
08:30-09:00



14 Neck Roll
09:00-09:30



15 Single Leg Kick
09:30-10:00



16 Double Leg Kick
10:00-10:30



17 Neck Pull
10:30-11:00



18 Side Kicks Series
11:00-11:30



19 Tracer Series
11:30-12:00



20 Seal
12:00-12:30

How To Pilates For Beginners Guide 18372

Minjie Lin



How To Pilates For Beginners Guide 18372:

The book delves into How To Pilates For Beginners Guide 18372. How To Pilates For Beginners Guide 18372 is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into How To Pilates For Beginners Guide 18372, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to How To Pilates For Beginners Guide 18372
 - Chapter 2: Essential Elements of How To Pilates For Beginners Guide 18372
 - Chapter 3: How To Pilates For Beginners Guide 18372 in Everyday Life
 - Chapter 4: How To Pilates For Beginners Guide 18372 in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of How To Pilates For Beginners Guide 18372. This chapter will explore what How To Pilates For Beginners Guide 18372 is, why How To Pilates For Beginners Guide 18372 is vital, and how to effectively learn about How To Pilates For Beginners Guide 18372.
3. In chapter 2, this book will delve into the foundational concepts of How To Pilates For Beginners Guide 18372. This chapter will elucidate the essential principles that must be understood to grasp How To Pilates For Beginners Guide 18372 in its entirety.
4. In chapter 3, the author will examine the practical applications of How To Pilates For Beginners Guide 18372 in daily life. This chapter will showcase real-world examples of how How To Pilates For Beginners Guide 18372 can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of How To Pilates For Beginners Guide 18372 in specific contexts. The fourth chapter will explore how How To Pilates For Beginners Guide 18372 is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about How To Pilates For Beginners Guide 18372. This 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. This book is highly recommended for anyone seeking to gain a comprehensive understanding of How To Pilates For Beginners Guide 18372.

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