

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



2 Roll-Up
03:00-05



3 Single Leg Circles
03:00-03



4 Rolling Like a Ball
03:00-03



5 Single Leg Stretch
03:00-03



6 Double Leg Stretch
03:00-03



7 Single Straight Leg Stretch
03:00-03



8 Double Straight Leg Stretch
03:00-03



9 Knee-Cross
03:00-03



10 Spine Stretch Forward
03:00-03



11 Open Leg Rocker
03:00-03



12 Cat/Cow
03:00-03



13 Saw
03:00-03



14 Neck Roll
03:00-03



15 Single Leg Kick
03:00-03



16 Double Leg Kick
03:00-03



17 Neck Pull
03:00-03



18 Side Kicks Series
03:00-03



19 Tracer Series
03:00-03



20 Seal
03:00-03

How To Use Pilates For Beginners Usa For Beginners

Camilla Rothe



How To Use Pilates For Beginners Usa For Beginners:

Whispering the Secrets of Language: An Psychological Quest through **How To Use Pilates For Beginners Usa For Beginners**

In a digitally-driven earth where screens reign supreme and quick interaction drowns out the subtleties of language, the profound techniques and emotional nuances concealed within phrases usually get unheard. Yet, nestled within the pages of **How To Use Pilates For Beginners Usa For Beginners** a interesting fictional value pulsing with fresh emotions, lies a fantastic journey waiting to be undertaken. Written by a skilled wordsmith, this enchanting opus attracts readers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within ab muscles fabric of every word. Within the mental depths of the emotional evaluation, we shall embark upon a heartfelt exploration of the book is key subjects, dissect their captivating publishing design, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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