

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
0:00:30



4 Rolling Like a Ball
0:00:30



5 Single Leg Stretch
0:00:15



6 Double Leg Stretch
0:00:30



7 Single Straight Leg Stretch
0:00:15



8 Double Straight Leg Stretch
0:00:15



9 One-Drop
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

Ultimate Pilates For Beginners Explained For Workers
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Philcar Faunillan



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Ultimate Pilates Dreas Reyneke,2002 Provides the definitive guide for practicing and understanding this exercise program in the comfort of your own home **Pilates for Beginners** Philcar Faunillan,2015-10-02 **My Pilates Guru** Anya Hayes,2015 My pilates guru provides the reader with the ultimate in practical instruction by combining the benefits of a fully illustrated book with a free instructional app The book provides core illustrated theory and step by step guides to Pilates positions and exercises All the exercises are heavily illustrated making it easy for you to follow along at home and the book provides in depth instruction that takes you from the basics through to the more advanced exercises The book is structured to give core theory and explain the history of Pilates include instructions on the basic beginner intermediate and advanced positions and help with designing your own sessions The My Guru application uniquely enhances the Pilates learning experience by giving you a free application that is downloadable onto your iPhone or iPad via the App Store This allows you to take your Guru with you and get instruction wherever you choose to exercise Its versatility allows you to design sessions that will suit your level of ability while making it easy to track your exercise history and monitor key aspects of your health

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Table of Contents Ultimate Pilates For Beginners Explained For Workers 3843

1. Understanding the eBook Ultimate Pilates For Beginners Explained For Workers 3843
 - The Rise of Digital Reading Ultimate Pilates For Beginners Explained For Workers 3843
 - Advantages of eBooks Over Traditional Books
2. Identifying Ultimate Pilates For Beginners Explained For Workers 3843
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ultimate Pilates For Beginners Explained For Workers 3843
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ultimate Pilates For Beginners Explained For Workers 3843
 - Personalized Recommendations
 - Ultimate Pilates For Beginners Explained For Workers 3843 User Reviews and Ratings
 - Ultimate Pilates For Beginners Explained For Workers 3843 and Bestseller Lists
5. Accessing Ultimate Pilates For Beginners Explained For Workers 3843 Free and Paid eBooks
 - Ultimate Pilates For Beginners Explained For Workers 3843 Public Domain eBooks
 - Ultimate Pilates For Beginners Explained For Workers 3843 eBook Subscription Services
 - Ultimate Pilates For Beginners Explained For Workers 3843 Budget-Friendly Options
6. Navigating Ultimate Pilates For Beginners Explained For Workers 3843 eBook Formats

- ePub, PDF, MOBI, and More
 - Ultimate Pilates For Beginners Explained For Workers 3843 Compatibility with Devices
 - Ultimate Pilates For Beginners Explained For Workers 3843 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ultimate Pilates For Beginners Explained For Workers 3843
 - Highlighting and Note-Taking Ultimate Pilates For Beginners Explained For Workers 3843
 - Interactive Elements Ultimate Pilates For Beginners Explained For Workers 3843
 8. Staying Engaged with Ultimate Pilates For Beginners Explained For Workers 3843
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ultimate Pilates For Beginners Explained For Workers 3843
 9. Balancing eBooks and Physical Books Ultimate Pilates For Beginners Explained For Workers 3843
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ultimate Pilates For Beginners Explained For Workers 3843
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Ultimate Pilates For Beginners Explained For Workers 3843
 - Setting Reading Goals Ultimate Pilates For Beginners Explained For Workers 3843
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Ultimate Pilates For Beginners Explained For Workers 3843
 - Fact-Checking eBook Content of Ultimate Pilates For Beginners Explained For Workers 3843
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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