

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

Best Way To Pilates For Beginners Explained

JE Gale



Best Way To Pilates For Beginners Explained:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Best Way To Pilates For Beginners Explained**

In a world inundated with displays and the cacophony of immediate conversation, the profound energy and mental resonance of verbal artistry usually fade into obscurity, eclipsed by the constant assault of sound and distractions. However, situated within the lyrical pages of **Best Way To Pilates For Beginners Explained**, a fascinating perform of literary brilliance that impulses with organic emotions, lies an unforgettable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that interesting opus guides readers on an emotional odyssey, delicately revealing the latent potential and profound influence embedded within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is central styles, dissect its captivating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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