

# 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  
0:00:10



7 Single Straight Leg Stretch  
0:00:10



8 Double Straight Leg Stretch  
0:00:10



9 One-Down  
0:00:10



10 Spine Stretch Forward  
0:00:10



11 Open Leg Rocker  
0:00:10



12 Corkscrew  
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 Tracer Series  
0:00:10



20 Seal  
0:00:10

# What Is Pilates For Beginners Ideas For Experts

**Peipei Pang**



**What Is Pilates For Beginners Ideas For Experts:**

## Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **What Is Pilates For Beginners Ideas For Experts**

In some sort of inundated with monitors and the cacophony of instantaneous transmission, the profound energy and psychological resonance of verbal art usually disappear in to obscurity, eclipsed by the constant assault of sound and distractions. Yet, located within the musical pages of **What Is Pilates For Beginners Ideas For Experts**, a captivating work of literary brilliance that pulses with fresh emotions, lies an remarkable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this enchanting opus books visitors on an emotional odyssey, gently revealing the latent potential and profound influence stuck within the complicated internet of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is key subjects, dissect their fascinating publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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