

# 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 Cat/Cow  
0:00:10



13 Low  
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 Kick Series  
0:00:10



19 Tracer Series  
0:00:10



20 Seal  
0:00:10

# What Is Pilates For Beginners Guide For Students

**SA Dillow**



## **What Is Pilates For Beginners Guide For Students:**

## Embracing the Tune of Appearance: An Mental Symphony within **What Is Pilates For Beginners Guide For Students**

In a global used by monitors and the ceaseless chatter of instantaneous transmission, the melodic beauty and psychological symphony produced by the published word often fade into the background, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, located within the pages of **What Is Pilates For Beginners Guide For Students** a marvelous fictional value brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that charming masterpiece conducts readers on an emotional trip, well unraveling the concealed tunes and profound affect resonating within each carefully crafted phrase. Within the depths with this touching review, we can examine the book is main harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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