

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
02:00-03:00



2 Roll Up
03:00-03:30



3 Single Leg Circles
03:30-04:00



4 Rolling Like a Ball
04:00-04:30



5 Single Leg Stretch
04:30-05:00



6 Double Leg Stretch
05:00-05:30



7 Single Straight Leg Stretch
05:30-06:00



8 Double Straight Leg Stretch
06:00-06:30



9 Knee-Cross
06:30-07:00



10 Spine Stretch Forward
07:00-07:30



11 Open Leg Rocker
07:30-08:00



12 Corkscrew
08:00-08:30



13 Saw
08:30-09:00



14 Neck Roll
09:00-09:30



15 Single Leg Kick
09:30-10:00



16 Double Leg Kick
10:00-10:30



17 Neck Pull
10:30-11:00



18 Side Kicks Series
11:00-11:30



19 Tracer Series
11:30-12:00



20 Seal
12:00-12:30

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Table of Contents What Is Pilates For Beginners Online For Experts 11172

1. Understanding the eBook What Is Pilates For Beginners Online For Experts 11172
 - The Rise of Digital Reading What Is Pilates For Beginners Online For Experts 11172
 - Advantages of eBooks Over Traditional Books
2. Identifying What Is Pilates For Beginners Online For Experts 11172
 - 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 What Is Pilates For Beginners Online For Experts 11172
 - User-Friendly Interface
4. Exploring eBook Recommendations from What Is Pilates For Beginners Online For Experts 11172
 - Personalized Recommendations
 - What Is Pilates For Beginners Online For Experts 11172 User Reviews and Ratings
 - What Is Pilates For Beginners Online For Experts 11172 and Bestseller Lists
5. Accessing What Is Pilates For Beginners Online For Experts 11172 Free and Paid eBooks
 - What Is Pilates For Beginners Online For Experts 11172 Public Domain eBooks
 - What Is Pilates For Beginners Online For Experts 11172 eBook Subscription Services
 - What Is Pilates For Beginners Online For Experts 11172 Budget-Friendly Options
6. Navigating What Is Pilates For Beginners Online For Experts 11172 eBook Formats
 - ePub, PDF, MOBI, and More
 - What Is Pilates For Beginners Online For Experts 11172 Compatibility with Devices
 - What Is Pilates For Beginners Online For Experts 11172 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of What Is Pilates For Beginners Online For Experts 11172
 - Highlighting and Note-Taking What Is Pilates For Beginners Online For Experts 11172
 - Interactive Elements What Is Pilates For Beginners Online For Experts 11172

8. Staying Engaged with What Is Pilates For Beginners Online For Experts 11172
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers What Is Pilates For Beginners Online For Experts 11172
9. Balancing eBooks and Physical Books What Is Pilates For Beginners Online For Experts 11172
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection What Is Pilates For Beginners Online For Experts 11172
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine What Is Pilates For Beginners Online For Experts 11172
 - Setting Reading Goals What Is Pilates For Beginners Online For Experts 11172
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of What Is Pilates For Beginners Online For Experts 11172
 - Fact-Checking eBook Content of What Is Pilates For Beginners Online For Experts 11172
 - 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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