

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



2 Roll-Up
03:00-05



3 Single Leg Circles
03:00-03



4 Rolling Like a Ball
03:00-03



5 Single Leg Stretch
03:00-03



6 Double Leg Stretch
03:00-03



7 Single Straight Leg Stretch
03:00-03



8 Double Straight Leg Stretch
03:00-03



9 Knee-Draw
03:00-03



10 Spine Stretch Forward
03:00-03



11 Open Leg Rocker
03:00-03



12 Corkscrew
03:00-03



13 Saw
03:00-03



14 Neck Roll
03:00-03



15 Single Leg Kick
03:00-03



16 Double Leg Kick
03:00-03



17 Neck Pull
03:00-03



18 Side Kicks Series
03:00-03



19 Tracer Series
03:00-03



20 Seal
03:00-03

Advanced Pilates For Beginners Guide For Workers

SA Adler



Advanced Pilates For Beginners Guide For Workers:

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Advanced Pilates For Beginners Guide For Workers**

In a global inundated with displays and the cacophony of fast transmission, the profound energy and psychological resonance of verbal artistry usually fade into obscurity, eclipsed by the regular assault of noise and distractions. Yet, situated within the lyrical pages of **Advanced Pilates For Beginners Guide For Workers**, a captivating function of fictional elegance that pulses with raw emotions, lies an wonderful trip waiting to be embarked upon. Written with a virtuoso wordsmith, this mesmerizing opus courses readers on an emotional odyssey, softly exposing the latent potential and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is key subjects, dissect their interesting publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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