

# 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 One-Drop  
0:00:15



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 Heaver Series  
0:00:10



20 Seal  
0:00:10

# Advanced Pilates For Beginners Explained

**K Payea**



## **Advanced Pilates For Beginners Explained:**

This book delves into Advanced Pilates For Beginners Explained. Advanced Pilates For Beginners Explained is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Advanced Pilates For Beginners Explained, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Advanced Pilates For Beginners Explained
    - Chapter 2: Essential Elements of Advanced Pilates For Beginners Explained
    - Chapter 3: Advanced Pilates For Beginners Explained in Everyday Life
    - Chapter 4: Advanced Pilates For Beginners Explained in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Advanced Pilates For Beginners Explained. This chapter will explore what Advanced Pilates For Beginners Explained is, why Advanced Pilates For Beginners Explained is vital, and how to effectively learn about Advanced Pilates For Beginners Explained.
  3. In chapter 2, this book will delve into the foundational concepts of Advanced Pilates For Beginners Explained. This chapter will elucidate the essential principles that need to be understood to grasp Advanced Pilates For Beginners Explained in its entirety.
  4. In chapter 3, this book will examine the practical applications of Advanced Pilates For Beginners Explained in daily life. The third chapter will showcase real-world examples of how Advanced Pilates For Beginners Explained can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Advanced Pilates For Beginners Explained in specific contexts. This chapter will explore how Advanced Pilates For Beginners Explained is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Advanced Pilates For Beginners Explained. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Advanced Pilates For Beginners Explained.

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