

# EXERCISE SEQUENCE

Building on the exercises in the preceding chapters, 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 Knee-Draw  
0:00:15



10 Spine Stretch Forward  
0:00:10



11 Open Leg Rocker  
0:00:10



12 Cat/Cow  
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

# Expert Pilates For Beginners Explained For Beginners

**Marcia L. Jones, Theresa  
Eichenwald, Nancy W. Hall**

## **Expert Pilates For Beginners Explained For Beginners:**

**The Ultimate Guide to Fitness: From Beginner to Advanced Workout Programs** Akash Gaikwad, 2023-09-14 The Ultimate Guide to Fitness is a comprehensive resource that covers workout programs for individuals of all fitness levels from beginners to advanced athletes. It offers a wide range of exercises, nutrition tips, and training techniques to help you achieve your fitness goals and improve your overall health. Whether you're just starting your fitness journey or looking to take your workouts to the next level, this guide has you covered. *Fit and Healthy For Dummies, Two eBook Bundle with Bonus Mini eBook* Cyndi Targosz, 2012-12-05 Two complete eBooks for one low price AND a bonus mini edition. Created and compiled by the publisher, this bundle brings together two healthy titles and a bonus mini edition of *Ten Minute Tone Ups For Dummies*. With this special bundle, you'll get the complete text of the following two titles and the following mini edition: *Nutrition For Dummies* 5th Edition. You've been hearing it since you were a little kid: You are what you eat. But unlike most adages, you've long since debunked this wise saying. It's true: Good nutrition is the key to achieving and maintaining a healthy weight and lifelong good health, no matter how you slice it. *Nutrition For Dummies* is a one-size-fits-all guide to nutrition for anyone who may have fallen asleep in health class, wants to brush up on what they already know, or is looking to keep up to speed on the latest guidelines and research. It shows you how to manage your diet so you get the most bang for your buck: calories, and gives you the skinny on how to put together a healthy shopping list, how to prepare foods that are good for the body and soul, and ten easy ways to cut calories. An apple a day may not necessarily keep the doctor away, but with the simple guidance of *Nutrition For Dummies*, you can be on your way to living a happier, healthier life. *Fitness For Dummies* 4th Edition. The latest and greatest in getting fit and staying that way. *Fitness For Dummies* 4th Edition provides the latest information and advice for properly shaping, conditioning, and strengthening your body to enhance overall fitness and health. With the help of fitness professionals Suzanne Schlosberg and Liz Neporent, you'll learn to set and achieve realistic fitness goals without expensive fitness club fees. Achieve motivation and social support from social networking sites such as Twitter and Facebook. Take advantage of digital resources such as exercising programs, video instructors, digital training systems, apps, and more. Gives you the latest tips and methods to test your own fitness level, set realistic goals, stick with your program, and get great results. Shows you how to spot where fat is sneaking into your diet. Get the most out of high-tech exercise machines and equipment, plus tips for using dumbbells or a simple jump rope to achieve results. Offers step-by-step instructions on creating a home gym on a budget. Featuring all new informative fitness photos and illustrations, this revised edition of *Fitness For Dummies* is all you need to get on track to a healthy new body. *Ten Minute Tone Ups For Dummies* Mini Edition. Need to tone up in a hurry? This safe, sensible exercise program delivers fast results while targeting your trouble spots in quick ten-minute sessions. We've taken the text from the original mini print edition of this title (64 pages) and included it in this bundle as a special bonus. About the Author of *Nutrition For Dummies* 5th Edition: Carol Ann Rinzler is a noted authority on

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*Menopause For Dummies* Marcia L. Jones,Theresa Eichenwald,Nancy W. Hall,2011-04-18 A comprehensive and practical guide for women of all ages to gain a clear view of the physical mental and emotional changes related to menopause Although menopause is a natural and inevitable stage in every woman s life its physical mental and emotional manifestations can vary greatly from one person to the next Add the conflicting expert information about the benefits risks

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Jonathan Kranz, 2011-05-04  
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Alycea Ungaro, 2002-02-20  
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Cecie Kraynak, 2006-02-10  
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