

# 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 Core Crunch  
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 Kicks Series  
0:00:10



19 Heaver Series  
0:00:10



20 Seal  
0:00:10

# How To Start Pilates For Beginners Explained For Experts

**Liyong Dong**



## **How To Start Pilates For Beginners Explained For Experts:**

## Whispering the Secrets of Language: An Emotional Journey through **How To Start Pilates For Beginners Explained For Experts**

In a digitally-driven world wherever screens reign great and instant connection drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within phrases often get unheard. Yet, nestled within the pages of **How To Start Pilates For Beginners Explained For Experts** a fascinating literary value sporting with natural thoughts, lies a fantastic journey waiting to be undertaken. Written by an experienced wordsmith, this enchanting opus invites viewers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the very cloth of each and every word. Within the psychological depths with this poignant evaluation, we will embark upon a sincere exploration of the book's primary styles, dissect its fascinating writing type, and succumb to the effective resonance it evokes serious within the recesses of readers' hearts.

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