

# 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  
03:00-04:00



3 Single Leg Circles  
04:00-05:00



4 Rolling Like a Ball  
05:00-06:00



5 Single Leg Stretch  
06:00-07:00



6 Double Leg Stretch  
07:00-08:00



7 Single Straight Leg Stretch  
08:00-09:00



8 Double Straight Leg Stretch  
09:00-10:00



9 Knee-Draw  
10:00-11:00



10 Spine Stretch Forward  
11:00-12:00



11 Open Leg Worker  
12:00-13:00



12 Corkscrew  
13:00-14:00



13 Saw  
14:00-15:00



14 Neck Roll  
15:00-16:00



15 Single Leg Kick  
16:00-17:00



16 Double Leg Kick  
17:00-18:00



17 Neck Pull  
18:00-19:00



18 Side Kicks Series  
19:00-20:00



19 Trimmer Series  
20:00-21:00



20 Seal  
21:00-22:00

# Advanced Pilates For Beginners

**Judd E. Hollander**



## **Advanced Pilates For Beginners:**

## Reviewing **Advanced Pilates For Beginners**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Advanced Pilates For Beginners**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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