

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
0:00:30



4 Rolling Like a Ball
0:00:30



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 Draw-Knee
0:00:15



10 Spine Stretch Forward
0:00:15



11 Open Leg Rocker
0:00:15



12 Corkscrew
0:00:15



13 Toe Touch
0:00:15



14 Back Roll
0:00:15



15 Single Leg Kick
0:00:15



16 Double Leg Kick
0:00:15



17 Neck Pull
0:00:15



18 Side Kicks Series
0:00:15



19 Heaven Series
0:00:15



20 Foot
0:00:15

How To Start Pilates For Beginners Explained For Students

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How To Start Pilates For Beginners Explained For Students:

The Enigmatic Realm of **How To Start Pilates For Beginners Explained For Students**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **How To Start Pilates For Beginners Explained For Students** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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