

# 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  
0:00:10



7 Single Straight Leg Stretch  
0:00:10



8 Double Straight Leg Stretch  
0:00:10



9 One-Up, One-Down  
0:00:10



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 Kick Series  
0:00:10



19 Tracer Series  
0:00:10



20 Seal  
0:00:10

# How To Pilates For Beginners For Students

**Mike Jess**



## **How To Pilates For Beginners For Students:**

## Whispering the Techniques of Language: An Emotional Quest through **How To Pilates For Beginners For Students**

In a digitally-driven earth wherever monitors reign supreme and quick communication drowns out the subtleties of language, the profound techniques and emotional nuances hidden within words usually get unheard. Yet, located within the pages of **How To Pilates For Beginners For Students** a interesting literary value sporting with raw feelings, lies a fantastic quest waiting to be undertaken. Published by an experienced wordsmith, this marvelous opus encourages readers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very fabric of every word. Within the emotional depths of this poignant evaluation, we will embark upon a heartfelt exploration of the book is core styles, dissect its interesting publishing type, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

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