

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
(0:00-0:15)



2 Roll Up
(0:15-0:25)



3 Single Leg Circles
(0:25-0:35)



4 Rolling Like a Ball
(0:35-0:45)



5 Single Leg Stretch
(0:45-0:55)



6 Double Leg Stretch
(0:55-1:05)



7 Single Straight Leg Stretch
(1:05-1:15)



8 Double Straight Leg Stretch
(1:15-1:25)



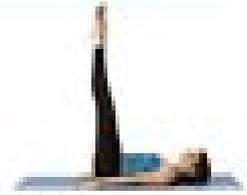
9 Knee-Cross
(1:25-1:35)



10 Spine Stretch Forward
(1:35-1:45)



11 Open Leg Worker
(1:45-1:55)



12 Corkscrew
(1:55-2:05)



13 Low
(2:05-2:15)



14 Neck Roll
(2:15-2:25)



15 Single Leg Kick
(2:25-2:35)



16 Double Leg Kick
(2:35-2:45)



17 Neck Pull
(2:45-2:55)



18 Side Kicks Series
(2:55-3:05)



19 Heaver Series
(3:05-3:15)



20 Seal
(3:15-3:25)

How To Use Pilates For Beginners Usa For Beginners

Christian Drosten



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web à l ombre in the shade de qn ou qch shadow à l ombre de arbre in the shade of il n y a pas l ombre d un doute there s not a shadow of a doubt suivre qn comme son ombre to shadow sb locutions figurées à l ombre en prison behind bars vivre dans l ombre to live in obscurity

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