

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.



Advanced Pilates For Beginners Explained

Cyndi Targosz



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Yoga & Pilates for Everyone Françoise Barbira Freedman, Bel Gibbs, Doriel Hall, Emily Kelly, Jonathan Monks, Judy Smith, 2005 Comprehensive sourcebook of yoga and pilates exercises to tone and strengthen the body with 1500 step by step photographs Amazon.com *Complete Book of Beauty* Helena Sunnydale, 2005 *Research Quarterly for Exercise and Sport*, 2009 **Beauty** Helena Sunnydale, 2006 **Total Pilates** Ann Crowther, Helena Petre, 2003 Based on Ann Crowther's proven development of the Joseph Pilates system this book presents simple practical measures to improve health and well being through a unique body mind approach combining exercise diet and relaxation

Pilates Cathy Meeus, Sally Searle, Stephanie Farrow, 2001 Each title in this series offers practical tips on a broad range of holistic and complementary therapies in a simple easy to read format *Korea Now*, 2004 *Library Journal*, 2005

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