

# 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  
0:00:15



7 Single Straight Leg Stretch  
0:00:10



8 Double Straight Leg Stretch  
0:00:10



9 Knee-Draw  
0:00:10



10 Spine Stretch Forward  
0:00:10



11 Open Leg Rocker  
0:00:10



12 Cat/Cow  
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 Kicks Series  
0:00:10



19 Heaver Series  
0:00:10



20 Seal  
0:00:10

# Quick Pilates For Beginners Explained

**H Kauffman**



## **Quick Pilates For Beginners Explained:**

## Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Quick Pilates For Beginners Explained**

In some sort of inundated with monitors and the cacophony of instant interaction, the profound energy and emotional resonance of verbal beauty usually diminish into obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, situated within the musical pages of **Quick Pilates For Beginners Explained**, a charming perform of literary brilliance that pulses with raw feelings, lies an remarkable journey waiting to be embarked upon. Written with a virtuoso wordsmith, that mesmerizing opus instructions visitors on an emotional odyssey, softly revealing the latent potential and profound affect embedded within the delicate web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is central themes, dissect its fascinating publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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