

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
0:00:15



8 Double Straight Leg Stretch
0:00:15



9 One-Drop
0:00:15



10 Spine Stretch Forward
0:00:10



11 Open Leg Rocker
0:00:10



12 Cat/Cow
0:00:10



13 Low
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

Best Way To Pilates For Beginners Explained For Students

Lei Huang



Best Way To Pilates For Beginners Explained For Students:

Adopting the Tune of Expression: An Psychological Symphony within **Best Way To Pilates For Beginners Explained For Students**

In some sort of eaten by monitors and the ceaseless chatter of quick conversation, the melodic beauty and emotional symphony produced by the published word often disappear in to the backdrop, eclipsed by the relentless noise and distractions that permeate our lives. But, set within the pages of **Best Way To Pilates For Beginners Explained For Students** a wonderful literary prize overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that fascinating masterpiece conducts readers on a mental journey, skillfully unraveling the hidden melodies and profound influence resonating within each cautiously crafted phrase. Within the depths of the emotional analysis, we can examine the book is main harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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