

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 Knee-Draw
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 Kicks Series
0:00:10



19 Heaver Series
0:00:10



20 Seal
0:00:10

Easy Pilates For Beginners Explained

Wolfgang Guggemos



Easy Pilates For Beginners Explained:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Easy Pilates For Beginners Explained**

In some sort of inundated with monitors and the cacophony of quick communication, the profound power and psychological resonance of verbal art usually diminish into obscurity, eclipsed by the regular barrage of sound and distractions. Yet, situated within the musical pages of **Easy Pilates For Beginners Explained**, a fascinating perform of literary splendor that pulses with natural thoughts, lies an memorable trip waiting to be embarked upon. Published by a virtuoso wordsmith, this interesting opus manuals viewers on a psychological odyssey, lightly revealing the latent possible and profound affect stuck within the complex web of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is main styles, dissect its captivating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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