

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
(0:00-0:30)



2 Roll Up
(0:30-0:45)



3 Single Leg Circles
(0:45-1:00)



4 Rolling Like a Ball
(1:00-1:30)



5 Single Leg Stretch
(1:30-1:45)



6 Double Leg Stretch
(1:45-2:00)



7 Single Straight Leg Stretch
(2:00-2:15)



8 Double Straight Leg Stretch
(2:15-2:30)



9 Chest-Down
(2:30-2:45)



10 Spine Stretch Forward
(2:45-3:00)



11 Open Leg Rocker
(3:00-3:15)



12 Corkscrew
(3:15-3:30)



13 Low
(3:30-3:45)



14 Back Roll
(3:45-4:00)



15 Single Leg Kick
(4:00-4:15)



16 Double Leg Kick
(4:15-4:30)



17 Neck Pull
(4:30-4:45)



18 Side Kicks Series
(4:45-5:00)



19 Heaven Series
(5:00-5:15)



20 Foot
(5:15-5:30)

How To Pilates For Beginners Explained For Workers

Marcel A. Müller



How To Pilates For Beginners Explained For Workers:

CBT At Work For Dummies Gill Garratt, 2015-09-23 Nip workplace stress in the bud with CBT Packed with useful tips that make it easy to incorporate CBT Cognitive Behavioral Therapy into your working day CBT at Work For Dummies helps you reap the benefits of a more focused working life You ll discover how integrating CBT at work promotes improved productivity and concentration lower staff turnover enhanced employer employee and client relationships reduced cost of staff absenteeism caused by illness injury stress and more An alarming number of individuals in the UK and across the globe suffer from work related stress some to the point of experiencing illness The good news is Cognitive Behavioural Therapy often associated with treating acute mental health conditions is finding its way into the workplace where it s being used as a way to combat one of the most common occupational health issues stress In this friendly and accessible guide you ll find everything you need to put CBT into practice today whether you re in charge of managing employee wellness or just want to find a positive and productive way to get through the workday yourself Answers the call of business leaders seeking creative solutions to enhance productivity and minimize the effects of stress in the workplace Offers employees trusted ways to be more effective in the workplace while reducing personal stress levels Arms learning and development professionals with the know how to apply mindfulness meditation in the workplace Details the benefits of making CBT a part of your business plan If you re an employer looking to get the best out of your staff or an employee interested in reducing stress and anxiety whilst achieving an enhanced performance at work CBT at Work For Dummies can help

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Mind-Body Fitness For Dummies Therese Iknioian,2000-11-22 Mind Body Fitness For Dummies is the complete guide to the world of holistic fitness from Yoga and Tai Chi to Pilates and Qigong Get started the smart way with expert advice on the essentials such as breathing posture and choosing a program that best fits you and your fitness goals Filled with instructional photos and illustrations this book also features expert advice on warming up and cooling down as well as taking your workout program beyond the basics with coverage of bodywork techniques including NIA and the Alexander technique Mind Body Fitness For Dummies will also help answer common questions about equipment and space needs as well as other issues to consider before committing to a new fitness plan

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Balancing Your Life: Executive Lessons For Work, Family And Self James G S Clawson,2009-07-30 The balance between work and family life is the single most commonly mentioned issue among senior executives worldwide

This book provides a framework for analyzing immediate and long term balance Using case studies of how twelve or more executives in various industries have handled the challenge readers are invited throughout the volume to compare their current structures with those of the subjects in the cases presented

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