

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
0:00:15

9 One-Down
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 Tractor Series
0:00:10



20 Seal
0:00:10

Pro Pilates For Beginners Ideas 23182

JL Elias



Pro Pilates For Beginners Ideas 23182:

Pro Pilates For Beginners Ideas 23182 Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Pro Pilates For Beginners Ideas 23182**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

https://db1.greenfirefarms.com/files/detail/fetch.php/How_To_Start_Home_Workout_For_Moms_For_Workers.pdf

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