

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
(0:00-0:15)

2 Roll Up
(0:15-0:25)

3 Single Leg Circles
(0:25-0:35)



4 Rolling Like a Ball
(0:35-0:45)

5 Single Leg Stretch
(0:45-0:55)

6 Double Leg Stretch
(0:55-1:05)



7 Single Straight Leg Stretch
(1:05-1:15)

8 Double Straight Leg Stretch
(1:15-1:25)

9 One-Down
(1:25-1:35)



10 Spine Stretch Forward
(1:35-1:45)



11 Open Leg Rocker
(1:45-1:55)



12 Corkscrew
(1:55-2:05)



13 Saw
(2:05-2:15)



14 Neck Roll
(2:15-2:25)



15 Single Leg Kick
(2:25-2:35)



16 Double Leg Kick
(2:35-2:45)



17 Neck Pull
(2:45-2:55)



18 Side Kicks Series
(2:55-3:05)



19 Tractor Series
(3:05-3:15)



20 Seal
(3:15-3:25)

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C Cleary



Quick Pilates For Beginners Guide 23523:

Embracing the Tune of Term: An Mental Symphony within **Quick Pilates For Beginners Guide 23523**

In some sort of used by screens and the ceaseless chatter of quick communication, the melodic splendor and mental symphony produced by the published term usually diminish into the backdrop, eclipsed by the constant sound and interruptions that permeate our lives. Nevertheless, located within the pages of **Quick Pilates For Beginners Guide 23523** a wonderful fictional treasure brimming with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that fascinating masterpiece conducts readers on a psychological trip, skillfully unraveling the hidden melodies and profound influence resonating within each cautiously crafted phrase. Within the depths of this touching examination, we can discover the book is main harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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