

# 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 Low  
(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 Kick Series  
(2:55-3:05)



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



20 Seal  
(3:15-3:25)

# Ultimate Pilates For Beginners For Students

**Cyndi Targosz**



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In a global inundated with screens and the cacophony of instant communication, the profound power and mental resonance of verbal art often fade into obscurity, eclipsed by the regular onslaught of sound and distractions. However, located within the musical pages of **Ultimate Pilates For Beginners For Students**, a interesting work of fictional elegance that impulses with fresh feelings, lies an wonderful trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, that magical opus books viewers on an emotional odyssey, gently revealing the latent potential and profound affect embedded within the complex web of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is key styles, dissect its charming writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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