

# 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 Cat/Cow  
(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)

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**L Cohen**



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## **Table of Contents Ultimate Pilates For Beginners Ideas For Creators 19988**

1. Understanding the eBook Ultimate Pilates For Beginners Ideas For Creators 19988
  - The Rise of Digital Reading Ultimate Pilates For Beginners Ideas For Creators 19988
  - Advantages of eBooks Over Traditional Books
2. Identifying Ultimate Pilates For Beginners Ideas For Creators 19988
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Ultimate Pilates For Beginners Ideas For Creators 19988
  - User-Friendly Interface

4. Exploring eBook Recommendations from Ultimate Pilates For Beginners Ideas For Creators 19988
  - Personalized Recommendations
  - Ultimate Pilates For Beginners Ideas For Creators 19988 User Reviews and Ratings
  - Ultimate Pilates For Beginners Ideas For Creators 19988 and Bestseller Lists
5. Accessing Ultimate Pilates For Beginners Ideas For Creators 19988 Free and Paid eBooks
  - Ultimate Pilates For Beginners Ideas For Creators 19988 Public Domain eBooks
  - Ultimate Pilates For Beginners Ideas For Creators 19988 eBook Subscription Services
  - Ultimate Pilates For Beginners Ideas For Creators 19988 Budget-Friendly Options
6. Navigating Ultimate Pilates For Beginners Ideas For Creators 19988 eBook Formats
  - ePub, PDF, MOBI, and More
  - Ultimate Pilates For Beginners Ideas For Creators 19988 Compatibility with Devices
  - Ultimate Pilates For Beginners Ideas For Creators 19988 Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Ultimate Pilates For Beginners Ideas For Creators 19988
  - Highlighting and Note-Taking Ultimate Pilates For Beginners Ideas For Creators 19988
  - Interactive Elements Ultimate Pilates For Beginners Ideas For Creators 19988
8. Staying Engaged with Ultimate Pilates For Beginners Ideas For Creators 19988
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Ultimate Pilates For Beginners Ideas For Creators 19988
9. Balancing eBooks and Physical Books Ultimate Pilates For Beginners Ideas For Creators 19988
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Ultimate Pilates For Beginners Ideas For Creators 19988
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Ultimate Pilates For Beginners Ideas For Creators 19988
  - Setting Reading Goals Ultimate Pilates For Beginners Ideas For Creators 19988
  - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Ultimate Pilates For Beginners Ideas For Creators 19988
  - Fact-Checking eBook Content of Ultimate Pilates For Beginners Ideas For Creators 19988
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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