

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 One-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 Saw
(3:30-3:45)



14 Neck 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 Kick Series
(4:45-5:00)



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



20 Seal
(5:15-5:30)

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Fitness For Dummies Suzanne Schlosberg, Liz Neporent, 2010-11-11 The latest and greatest in getting fit and staying that way *Fitness For Dummies* 4th Edition provides the latest information and advice for properly shaping conditioning and strengthening your body to enhance overall fitness and health With the help of fitness professionals Suzanne Schlosberg and Liz Neporent you ll learn to set and achieve realistic fitness goals without expensive fitness club fees Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e exercising programs video instructors digital training systems apps and more Gives you the latest tips and methods to test your own fitness level set realistic goals stick with your program and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high tech exercise machines and equipment plus tips for using dumbbells or a simple jump rope to achieve results Offers step by step instructions on creating a home gym on a budget Featuring all new informative fitness photos and illustrations this revised edition of *Fitness For Dummies* is all you need to get on track to a healthy new body **Fit and Healthy For Dummies, Two eBook Bundle with Bonus Mini eBook** Cyndi

Targosz, 2012-12-05 Two complete eBooks for one low price AND a bonus mini edition Created and compiled by the publisher this bundle brings together two healthy titles and a bonus mini edition of *Ten Minute Tone Ups For Dummies* With this special bundle you ll get the complete text of the following two titles and the following mini edition *Nutrition For Dummies* 5th Edition You ve been hearing it since you were a little kid You are what you eat But unlike most adages you ve long since debunked this wise saying is true Good nutrition is the key to achieving and maintaining a healthy weight and lifelong good health no matter how you slice it *Nutrition For Dummies* is a one size fits all guide to nutrition for anyone who may have fallen asleep in health class wants to brush up on what they already know or is looking to keep up to speed on the latest guidelines and research It shows you how to manage your diet so you get the most bang nutrients for your buck calories and gives you the skinny on how to put together a healthy shopping list how to prepare foods that are good for the body and soul and ten easy ways to cut calories An apple a day may not necessarily keep the doctor away but with the simple guidance of *Nutrition For Dummies* you can be on your way to living a happier healthier ever after *Fitness For Dummies* 4th Edition The latest and greatest in getting fit and staying that way *Fitness For Dummies* 4th Edition provides the latest information and advice for properly shaping conditioning and strengthening your body to enhance overall fitness and health With the help of fitness professionals Suzanne Schlosberg and Liz Neporent you ll learn to set and achieve realistic fitness goals without expensive fitness club fees Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e exercising programs video instructors digital training systems apps and more Gives you the latest tips and methods to test your own fitness level set realistic goals stick with your program and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high tech exercise machines and

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Table of Contents Quick Pilates For Beginners For Students

1. Understanding the eBook Quick Pilates For Beginners For Students
 - The Rise of Digital Reading Quick Pilates For Beginners For Students
 - Advantages of eBooks Over Traditional Books
2. Identifying Quick Pilates For Beginners For Students
 - 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 Quick Pilates For Beginners For Students
 - User-Friendly Interface
4. Exploring eBook Recommendations from Quick Pilates For Beginners For Students
 - Personalized Recommendations
 - Quick Pilates For Beginners For Students User Reviews and Ratings
 - Quick Pilates For Beginners For Students and Bestseller Lists
5. Accessing Quick Pilates For Beginners For Students Free and Paid eBooks
 - Quick Pilates For Beginners For Students Public Domain eBooks
 - Quick Pilates For Beginners For Students eBook Subscription Services

- Quick Pilates For Beginners For Students Budget-Friendly Options
- 6. Navigating Quick Pilates For Beginners For Students eBook Formats
 - ePub, PDF, MOBI, and More
 - Quick Pilates For Beginners For Students Compatibility with Devices
 - Quick Pilates For Beginners For Students Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Quick Pilates For Beginners For Students
 - Highlighting and Note-Taking Quick Pilates For Beginners For Students
 - Interactive Elements Quick Pilates For Beginners For Students
- 8. Staying Engaged with Quick Pilates For Beginners For Students
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Quick Pilates For Beginners For Students
- 9. Balancing eBooks and Physical Books Quick Pilates For Beginners For Students
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Quick Pilates For Beginners For Students
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Quick Pilates For Beginners For Students
 - Setting Reading Goals Quick Pilates For Beginners For Students
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Quick Pilates For Beginners For Students
 - Fact-Checking eBook Content of Quick Pilates For Beginners For Students
 - 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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