

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
0:00:10



9 Knee-Draw
0:00:10



10 Spine Stretch Forward
0:00:10



11 Open Leg Rocker
0:00:10



12 Cat/Cow
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

Advanced Pilates For Beginners Guide For Workers

Huangqi Zhang



Advanced Pilates For Beginners Guide For Workers:

Adopting the Melody of Term: An Psychological Symphony within **Advanced Pilates For Beginners Guide For Workers**

In a world eaten by monitors and the ceaseless chatter of quick transmission, the melodic beauty and mental symphony produced by the prepared word frequently fade into the back ground, eclipsed by the relentless sound and distractions that permeate our lives. But, nestled within the pages of **Advanced Pilates For Beginners Guide For Workers** an enchanting literary value overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this fascinating masterpiece conducts readers on a mental trip, skillfully unraveling the concealed melodies and profound influence resonating within each carefully constructed phrase. Within the depths of the touching evaluation, we can examine the book is main harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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