

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
0:00:15



4 Rolling Like a Ball
0:00:10



5 Single Leg Stretch
0:00:15



6 Double Leg Stretch
0:00:15



7 Single Straight Leg Stretch
0:00:15



8 Double Straight Leg Stretch
0:00:15



9 One-Down
0:00:15



10 Spine Stretch Forward
0:00:10



11 Open Leg Rocker
0:00:10



12 Cat/Cow
0:00:10



13 Low
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 Tracer Series
0:00:10



20 Seal
0:00:10

How To Use Pilates For Beginners Ideas 13431

Brendan G. Carr



How To Use Pilates For Beginners Ideas 13431:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **How To Use Pilates For Beginners Ideas 13431**

In some sort of inundated with screens and the cacophony of quick communication, the profound energy and mental resonance of verbal beauty usually fade in to obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, nestled within the lyrical pages of **How To Use Pilates For Beginners Ideas 13431**, a captivating perform of fictional beauty that impulses with natural emotions, lies an unforgettable trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, that exciting opus guides viewers on a mental odyssey, lightly revealing the latent potential and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is main subjects, dissect its interesting writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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