

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 One-Down
0:00:10



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

Advanced Pilates For Beginners Guide For Beginners 2051

Joacim Rocklöv



Advanced Pilates For Beginners Guide For Beginners 2051:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Advanced Pilates For Beginners Guide For Beginners 2051**

In a world inundated with displays and the cacophony of fast communication, the profound power and mental resonance of verbal beauty usually fade into obscurity, eclipsed by the regular barrage of noise and distractions. However, nestled within the musical pages of **Advanced Pilates For Beginners Guide For Beginners 2051**, a interesting work of fictional elegance that impulses with natural emotions, lies an wonderful trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that enchanting opus instructions viewers on an emotional odyssey, gently exposing the latent possible and profound impact stuck within the elaborate web of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is main subjects, dissect its charming writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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