

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
0:00:15



7 Single Straight Leg Stretch
0:00:15



8 Double Straight Leg Stretch
0:00:15



9 Knee-Draw
0:00:15



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 Heaver Series
0:00:10



20 Seal
0:00:10

Top Pilates For Beginners Explained For Workers 8813

Zhe Xu



Top Pilates For Beginners Explained For Workers 8813:

Whispering the Techniques of Language: An Emotional Journey through **Top Pilates For Beginners Explained For Workers 8813**

In a digitally-driven world where screens reign great and immediate connection drowns out the subtleties of language, the profound secrets and mental nuances hidden within words frequently move unheard. Yet, set within the pages of **Top Pilates For Beginners Explained For Workers 8813** a fascinating literary treasure blinking with fresh feelings, lies an extraordinary journey waiting to be undertaken. Composed by a talented wordsmith, that marvelous opus attracts readers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the fabric of each word. Within the psychological depths of this poignant review, we can embark upon a genuine exploration of the book's key subjects, dissect their fascinating writing design, and fail to the effective resonance it evokes strong within the recesses of readers' hearts.

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