

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 One-Drop
0:00:15



10 Spine Stretch Forward
0:00:10



11 Open Leg Rocker
0:00:10



12 Corkscrew
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

How To Use Pilates For Beginners Explained For Experts

M Carnoy



How To Use Pilates For Beginners Explained For Experts:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **How To Use Pilates For Beginners Explained For Experts**

In a world inundated with monitors and the cacophony of fast connection, the profound energy and emotional resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the continuous barrage of sound and distractions. Yet, located within the musical pages of **How To Use Pilates For Beginners Explained For Experts**, a interesting work of fictional elegance that impulses with organic thoughts, lies an unforgettable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this enchanting opus manuals viewers on a psychological odyssey, lightly exposing the latent potential and profound impact stuck within the intricate web of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is central styles, dissect its interesting writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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