

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
(upward)

2 Roll Up
(upward)

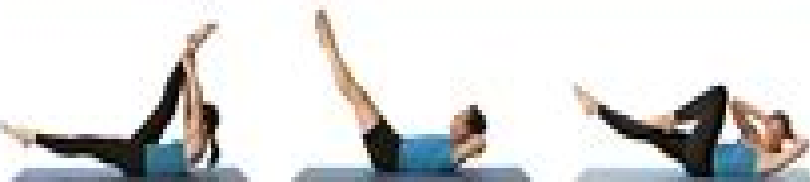
3 Single Leg Circles
(upward)



4 Rolling Like a Ball
(upward)

5 Single Leg Stretch
(upward)

6 Double Leg Stretch
(upward)



7 Single Straight Leg Stretch
(upward)

8 Double Straight Leg Stretch
(upward)

9 One-Down
(upward)



10 Spine Stretch Forward
(upward)

11 Open Leg Marker
(upward)

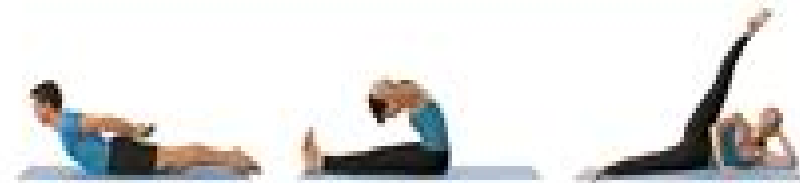
12 Cat/Cow
(upward)



13 Low
(upward)

14 Neck Roll
(upward)

15 Single Leg Kick
(upward)



16 Double Leg Kick
(upward)

17 Neck Pull
(upward)

18 Side Kicks Series
(upward)



19 Trunk Series
(upward)

20 Seal
(upward)

How To Start Pilates For Beginners Explained

LL Leslie

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular gradient shape partially visible behind it.

How To Start Pilates For Beginners Explained:

Embracing the Melody of Term: An Psychological Symphony within **How To Start Pilates For Beginners Explained**

In a global used by displays and the ceaseless chatter of quick connection, the melodic elegance and mental symphony produced by the prepared term usually fade in to the backdrop, eclipsed by the constant noise and disruptions that permeate our lives. But, located within the pages of **How To Start Pilates For Beginners Explained** a wonderful fictional prize full of natural emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, this interesting masterpiece conducts readers on a mental trip, skillfully unraveling the concealed melodies and profound affect resonating within each cautiously crafted phrase. Within the depths of this poignant review, we can discover the book is key harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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