

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-Up, 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 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

Ultimate Pilates For Beginners Explained For Students 7807

Philcar Faunillan



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Enjoying the Tune of Term: An Mental Symphony within **Ultimate Pilates For Beginners Explained For Students 7807**

In a global used by displays and the ceaseless chatter of instantaneous connection, the melodic splendor and psychological symphony developed by the written term usually disappear in to the back ground, eclipsed by the persistent noise and disruptions that permeate our lives. Nevertheless, nestled within the pages of **Ultimate Pilates For Beginners Explained For Students 7807** an enchanting fictional treasure filled with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that captivating masterpiece conducts readers on an emotional journey, skillfully unraveling the hidden melodies and profound impact resonating within each carefully crafted phrase. Within the depths of this moving review, we shall explore the book is central harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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