

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
02:00-03:00



2 Roll-Up
03:00-04:00



3 Single Leg Circles
04:00-05:00



4 Rolling Like a Ball
05:00-06:00



5 Single Leg Stretch
06:00-07:00



6 Double Leg Stretch
07:00-08:00



7 Single Straight Leg Stretch
08:00-09:00



8 Double Straight Leg Stretch
09:00-10:00



9 Knee-Draw
10:00-11:00



10 Spine Stretch Forward
11:00-12:00



11 Open Leg Rocker
12:00-13:00



12 Corkscrew
13:00-14:00



13 Saw
14:00-15:00



14 Neck Roll
15:00-16:00



15 Single Leg Kick
16:00-17:00



16 Double Leg Kick
17:00-18:00



17 Neck Pull
18:00-19:00



18 Side Kicks Series
19:00-20:00



19 Trimmer Series
20:00-21:00



20 Seal
21:00-22:00

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L Darling-Hammond



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Pilates for Beginners Katherine Corp, Kimberly Corp, 2018-11-27 The do anywhere for anyone Pilates instruction book It breaks down each exercise in a way that is easy to follow and lets you move at your own pace Jennifer Lang M D author of The Whole 9 Months No matter your fitness level learning to do Pilates means going back to the basics Teaching you core Pilates exercises with step by step guidance and easy sequences Pilates for Beginners is the ultimate starter guide for a confident at home Pilates practice From your first time on the mat to finishing a complete sequence this book develops your Pilates regimen with a progressive easy to follow program Complete with clear instructions photographs and tips to do the exercises right this is your go to reference to keep your body supple and mobile and add more life to your years This workout guide gives you all the information you need to make Pilates part of your daily routine with Pilates 101 that explains the philosophy and guiding principles of Pilates Centering Concentration Control Precision Breath and Flow to incorporate into workouts 50 easy to follow exercises that include warm ups cool downs and bonus strengthening exercises with photographs checklists and tips to help guide you Progressive sequences that lay a strong foundation for body awareness in the introductory program and build strength spinal mobility flexibility and control from Level 1 to Level 2 Pilates is a source of lifelong energy strength and flexibility for both your mind and body Start building your practice and feel the difference with Pilates for Beginners Stemming from their decades of extensive professional experience Katherine and Kimberly have thoughtfully created a truly unparalleled guide to Pilates that is easy to follow and full of valuable information Jessica Matthews DBH author of Stretching to Stay Young

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Table of Contents Ultimate Pilates For Beginners Ideas For Experts 2363

1. Understanding the eBook Ultimate Pilates For Beginners Ideas For Experts 2363
 - The Rise of Digital Reading Ultimate Pilates For Beginners Ideas For Experts 2363
 - Advantages of eBooks Over Traditional Books
2. Identifying Ultimate Pilates For Beginners Ideas For Experts 2363
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ultimate Pilates For Beginners Ideas For Experts 2363
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ultimate Pilates For Beginners Ideas For Experts 2363
 - Personalized Recommendations
 - Ultimate Pilates For Beginners Ideas For Experts 2363 User Reviews and Ratings

- Ultimate Pilates For Beginners Ideas For Experts 2363 and Bestseller Lists
- 5. Accessing Ultimate Pilates For Beginners Ideas For Experts 2363 Free and Paid eBooks
 - Ultimate Pilates For Beginners Ideas For Experts 2363 Public Domain eBooks
 - Ultimate Pilates For Beginners Ideas For Experts 2363 eBook Subscription Services
 - Ultimate Pilates For Beginners Ideas For Experts 2363 Budget-Friendly Options
- 6. Navigating Ultimate Pilates For Beginners Ideas For Experts 2363 eBook Formats
 - ePub, PDF, MOBI, and More
 - Ultimate Pilates For Beginners Ideas For Experts 2363 Compatibility with Devices
 - Ultimate Pilates For Beginners Ideas For Experts 2363 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ultimate Pilates For Beginners Ideas For Experts 2363
 - Highlighting and Note-Taking Ultimate Pilates For Beginners Ideas For Experts 2363
 - Interactive Elements Ultimate Pilates For Beginners Ideas For Experts 2363
- 8. Staying Engaged with Ultimate Pilates For Beginners Ideas For Experts 2363
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ultimate Pilates For Beginners Ideas For Experts 2363
- 9. Balancing eBooks and Physical Books Ultimate Pilates For Beginners Ideas For Experts 2363
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ultimate Pilates For Beginners Ideas For Experts 2363
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ultimate Pilates For Beginners Ideas For Experts 2363
 - Setting Reading Goals Ultimate Pilates For Beginners Ideas For Experts 2363
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ultimate Pilates For Beginners Ideas For Experts 2363
 - Fact-Checking eBook Content of Ultimate Pilates For Beginners Ideas For Experts 2363
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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