

# 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  
0:00:10



7 Single Straight Leg Stretch  
0:00:10



8 Double Straight Leg Stretch  
0:00:10



9 One-Down  
0:00:10



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 Kick Series  
0:00:10



19 Tracer Series  
0:00:10



20 Seal  
0:00:10

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**Karin Nielsen-Saines**



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In a digitally-driven earth wherever displays reign great and instant interaction drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases often get unheard. Yet, set within the pages of **Expert Pilates For Beginners Ideas For Experts** a charming literary treasure pulsing with natural feelings, lies an extraordinary quest waiting to be undertaken. Written by a skilled wordsmith, this charming opus attracts viewers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the material of each word. Within the emotional depths of the moving review, we can embark upon a genuine exploration of the book is primary subjects, dissect its fascinating publishing design, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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