

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



2 Roll-Up
02:00-03



3 Single Leg Circles
02:00-03



4 Rolling Like a Ball
02:00-03



5 Single Leg Stretch
02:00-03



6 Double Leg Stretch
02:00-03



7 Single Straight Leg Stretch
02:00-03



8 Double Straight Leg Stretch
02:00-03



9 One-Down
02:00-03



10 Spine Stretch Forward
02:00-03



11 Open Leg Rocker
02:00-03



12 Corkscrew
02:00-03



13 Saw
02:00-03



14 Neck Roll
02:00-03



15 Single Leg Kick
02:00-03



16 Double Leg Kick
02:00-03



17 Neck Pull
02:00-03



18 Side Kicks Series
02:00-03



19 Tracer Series
02:00-03



20 Seal
02:00-03

Pro Pilates For Beginners Ideas 23182

Karter Sarah



Pro Pilates For Beginners Ideas 23182:

Decoding **Pro Pilates For Beginners Ideas 23182**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Pro Pilates For Beginners Ideas 23182**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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