

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.



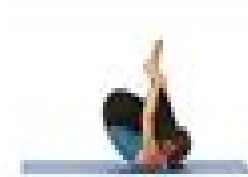
1 The Hundred
(0:00-0:15)



2 Roll Up
(0:15-0:25)



3 Single Leg Circles
(0:25-0:35)



4 Rolling Like a Ball
(0:35-0:45)



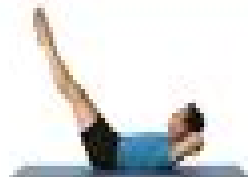
5 Single Leg Stretch
(0:45-0:55)



6 Double Leg Stretch
(0:55-1:05)



7 Single Straight Leg Stretch
(1:05-1:15)



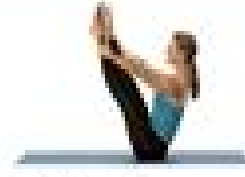
8 Double Straight Leg Stretch
(1:15-1:25)



9 Knee-Cross
(1:25-1:35)



10 Spine Stretch Forward
(1:35-1:45)



11 Open Leg Marker
(1:45-1:55)



12 Cat/Cow
(1:55-2:05)



13 Toe
(2:05-2:15)



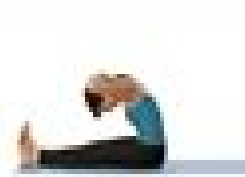
14 Neck Roll
(2:15-2:25)



15 Single Leg Kick
(2:25-2:35)



16 Double Leg Kick
(2:35-2:45)



17 Neck Pull
(2:45-2:55)



18 Side Kicks Series
(2:55-3:05)



19 Trunk Series
(3:05-3:15)



20 Seal
(3:15-3:25)

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Table of Contents Top Pilates For Beginners Step Plan For Students

1. Understanding the eBook Top Pilates For Beginners Step Plan For Students
 - The Rise of Digital Reading Top Pilates For Beginners Step Plan For Students
 - Advantages of eBooks Over Traditional Books
2. Identifying Top Pilates For Beginners Step Plan For Students
 - 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 Top Pilates For Beginners Step Plan For Students
 - User-Friendly Interface
4. Exploring eBook Recommendations from Top Pilates For Beginners Step Plan For Students
 - Personalized Recommendations
 - Top Pilates For Beginners Step Plan For Students User Reviews and Ratings
 - Top Pilates For Beginners Step Plan For Students and Bestseller Lists
5. Accessing Top Pilates For Beginners Step Plan For Students Free and Paid eBooks
 - Top Pilates For Beginners Step Plan For Students Public Domain eBooks
 - Top Pilates For Beginners Step Plan For Students eBook Subscription Services
 - Top Pilates For Beginners Step Plan For Students Budget-Friendly Options

6. Navigating Top Pilates For Beginners Step Plan For Students eBook Formats
 - ePub, PDF, MOBI, and More
 - Top Pilates For Beginners Step Plan For Students Compatibility with Devices
 - Top Pilates For Beginners Step Plan For Students Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Top Pilates For Beginners Step Plan For Students
 - Highlighting and Note-Taking Top Pilates For Beginners Step Plan For Students
 - Interactive Elements Top Pilates For Beginners Step Plan For Students
8. Staying Engaged with Top Pilates For Beginners Step Plan For Students
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Top Pilates For Beginners Step Plan For Students
9. Balancing eBooks and Physical Books Top Pilates For Beginners Step Plan For Students
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Top Pilates For Beginners Step Plan For Students
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Top Pilates For Beginners Step Plan For Students
 - Setting Reading Goals Top Pilates For Beginners Step Plan For Students
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Top Pilates For Beginners Step Plan For Students
 - Fact-Checking eBook Content of Top Pilates For Beginners Step Plan For Students
 - 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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