

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-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

How To Pilates For Beginners Explained For Students

DJ Losen



How To Pilates For Beginners Explained For Students:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **How To Pilates For Beginners Explained For Students**

In some sort of inundated with monitors and the cacophony of quick transmission, the profound power and emotional resonance of verbal art frequently diminish into obscurity, eclipsed by the regular barrage of noise and distractions. However, situated within the lyrical pages of **How To Pilates For Beginners Explained For Students**, a captivating work of literary brilliance that pulses with raw thoughts, lies an unforgettable journey waiting to be embarked upon. Published by a virtuoso wordsmith, that magical opus guides readers on a psychological odyssey, delicately exposing the latent potential and profound influence stuck within the intricate web of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is central subjects, dissect its captivating writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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