

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 Knee-Draw
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

Quick Pilates For Beginners Explained For Workers 9223

Michal Rosen-Zvi



Quick Pilates For Beginners Explained For Workers 9223:

Whispering the Strategies of Language: An Psychological Quest through **Quick Pilates For Beginners Explained For Workers 9223**

In a digitally-driven earth wherever screens reign great and immediate interaction drowns out the subtleties of language, the profound secrets and mental subtleties concealed within phrases frequently go unheard. Yet, nestled within the pages of **Quick Pilates For Beginners Explained For Workers 9223** a captivating literary value pulsing with natural emotions, lies an extraordinary quest waiting to be undertaken. Published by a talented wordsmith, that marvelous opus attracts visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very material of each word. Within the mental depths of this emotional review, we will embark upon a genuine exploration of the book is core themes, dissect their fascinating publishing type, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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