

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-Up, 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 Kicks Series
0:00:10



19 Tracer Series
0:00:10



20 Seal
0:00:10

Best Pilates For Beginners Ideas For Workers 17177

L Darling-Hammond



Best Pilates For Beginners Ideas For Workers 17177:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Best Pilates For Beginners Ideas For Workers 17177**

In some sort of inundated with displays and the cacophony of instantaneous interaction, the profound power and emotional resonance of verbal artistry frequently fade in to obscurity, eclipsed by the regular barrage of noise and distractions. However, nestled within the musical pages of **Best Pilates For Beginners Ideas For Workers 17177**, a fascinating work of literary elegance that pulses with organic thoughts, lies an unforgettable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this exciting opus courses visitors on a psychological odyssey, gently exposing the latent possible and profound affect embedded within the complex web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is main styles, dissect their fascinating writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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