

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-Drop
0:00:15



10 Spine Stretch Forward
0:00:10



11 Open Leg Rocker
0:00:10



12 Core Crunch
0:00:10



13 Low
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 Feet
0:00:10

Advanced Pilates For Beginners Explained

J Ma



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Table of Contents Advanced Pilates For Beginners Explained

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

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