

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
(0:00-0:30)



2 Roll Up
(0:30-0:45)



3 Single Leg Circles
(0:45-0:55)



4 Rolling Like a Ball
(0:55-1:05)



5 Single Leg Stretch
(1:05-1:20)



6 Double Leg Stretch
(1:20-1:35)



7 Single Straight Leg Stretch
(1:35-1:50)



8 Double Straight Leg Stretch
(1:50-2:05)



9 Draw-Knees
(2:05-2:20)



10 Spine Stretch Forward
(2:20-2:35)



11 Open Leg Marker
(2:35-2:50)



12 Corkscrew
(2:50-3:05)



13 Toe Touch
(3:05-3:20)



14 Back Roll
(3:20-3:35)



15 Single Leg Kick
(3:35-3:50)



16 Double Leg Kick
(3:50-4:05)



17 Neck Pull
(4:05-4:20)



18 Side Kicks Series
(4:20-4:35)



19 Heaven Series
(4:35-4:50)



20 Foot
(4:50-5:05)

How To Start Pilates For Beginners Explained For Students

Ellie Herman

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

How To Start Pilates For Beginners Explained For Students:

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Daniel Lewis Donna H. Krasnow, Daniel E. Lewis, 2020-06-17 Daniel Lewis s legacy as a hugely influential choreographer and teacher of modern dance is celebrated in this biography It showcases the many roles he played in the dance world by organizing his story around various aspects of his work including his years at the Juilliard School dancing and touring with the Jose Limon Company staging Limon s masterpieces around the world directing his own company Daniel Lewis Dance Repertory Company writing and choreographing operas and musicals and his years as dean of dance at New World School of the Arts His life has spanned a particular period of growth of modern and contemporary dance and his biography gives insight into how the artistic and journalistic perspectives on modern dance were influenced by what was occurring in the broader dance and arts communities The book also offers rarely seen photographs and interviews with unique perspectives on many dance luminaries

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