

# 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

# Best Way To Pilates For Beginners Explained For Beginners

**Kathleen Armour**



## **Best Way To Pilates For Beginners Explained For Beginners:**

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correspondent for ABC National News She is a frequent contributor to Shape Self and Fitness magazines About the Author of Ten Minute Tone Ups For Dummies Mini Edition Cyndi Targosz is a certified lifestyle fitness expert and President and founder of STARGLOW Production Inc She is also a motivational speaker who has appeared on numerous radio and TV shows

Fitness For Dummies Suzanne Schlosberg,Liz Neporent,2010-12-07 The latest and greatest in getting fit and staying that way Fitness For Dummies 4th Edition provides the latest information and advice for properly shaping conditioning and strengthening your body to enhance overall fitness and health With the help of fitness professionals Suzanne Schlosberg and Liz Neporent you ll learn to set and achieve realistic fitness goals without expensive fitness club fees Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e exercising programs video instructors digital training systems apps and more Gives you the latest tips and methods to test your own fitness level set realistic goals stick with your program and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high tech exercise machines and equipment plus tips for using dumbbells or a simple jump rope to achieve results Offers step by step instructions on creating a home gym on a budget Featuring all new informative fitness photos and illustrations this revised edition of Fitness For Dummies is all you need to get on track to a healthy new body

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[Beginner's Guide to Body Toning](#) Natasha Wolek, 2004. Contains a beginner's guide to body toning including tips on nutrition, six exercise programs, and fully illustrated warm-up, stretching, and toning techniques. **Guide to Life After 50, 60, 70 & Beyond for Dummies** Dummies Press, Dummies Press Staff, 2004. The fun and easy way to live life after 50. Filled with smart tips and secrets custom-made for you. This book covers virtually everything from health to money, travel, and more. **Library Journal**, 2009. *Korea Now*, 2004. [Parrots For Dummies](#) Nikki Moustaki, 2005-05-27. Includes material on parrot purchasing and adopting, housing, supplies, and accessories, parrot proofing a house, care, nutrition, grooming, health, behavior, taming, training, breeding, showing, and travel. **Menopause For Dummies** Marcia L. Jones, Theresa Eichenwald, 2002-11-15. As baby boomers hit their late forties and fifties, women are entering menopause in record numbers. Soon for the first time in history, there will be more women beyond menopause than have yet to go through it. Yet, amazingly, getting reliable, practical information about menopause isn't easy. Usually, the only information you're likely to find is in the glossy brochures from pharmaceutical companies scattered around your gynecologist's waiting room. If you're really persistent, you can hunt down an article or two in medical journals, but it's a safe bet that you'll be sound asleep long before you find straightforward answers, even to one of your practical questions. Whether you're going through the change, have already been there, or are about to start off down that road, you'll find the information you need in **Menopause For**

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Richard Clarke Cabot,1918 **Questions for Examination in English Literature, Chiefly Selected from College-papers Set in Cambridge. With an Introduction on the Study of English** Walter William Skeat,1873

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