

# 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  
02:00-03



2 Roll-Up  
02:00-03



3 Single Leg Circles  
02:00-03



4 Rolling Like a Ball  
02:00-03



5 Single Leg Stretch  
02:00-03



6 Double Leg Stretch  
02:00-03



7 Single Straight Leg Stretch  
02:00-03



8 Double Straight Leg Stretch  
02:00-03



9 Knee-Draw  
02:00-03



10 Spine Stretch Forward  
02:00-03



11 Open Leg Rocker  
02:00-03



12 Corkscrew  
02:00-03



13 Saw  
02:00-03



14 Neck Roll  
02:00-03



15 Single Leg Kick  
02:00-03



16 Double Leg Kick  
02:00-03



17 Neck Pull  
02:00-03



18 Side Kicks Series  
02:00-03



19 Tractor Series  
02:00-03



20 Seal  
02:00-03

# How To Pilates For Beginners Ideas For Experts

**Daniel F McAuley**



**How To Pilates For Beginners Ideas For Experts:**

## Enjoying the Tune of Term: An Emotional Symphony within **How To Pilates For Beginners Ideas For Experts**

In some sort of consumed by monitors and the ceaseless chatter of immediate transmission, the melodic beauty and emotional symphony created by the prepared word frequently disappear into the background, eclipsed by the persistent noise and distractions that permeate our lives. However, located within the pages of **How To Pilates For Beginners Ideas For Experts** a marvelous fictional value filled with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this charming masterpiece conducts visitors on a mental trip, well unraveling the concealed melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of the touching examination, we shall examine the book is central harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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