

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
0:45-1:00



2 Roll-Up
0:30-1:15



3 Single Leg Circles
0:30-1:00



4 Rolling Like a Ball
0:30-1:00



5 Single Leg Stretch
0:30-1:15



6 Double Leg Stretch
0:30-1:00



7 Single Straight Leg Stretch
0:30-1:00



8 Double Straight Leg Stretch
0:30-1:00



9 One-Down
0:30-1:00



10 Spine Stretch Forward
0:30-1:00



11 Open Leg Rocker
0:30-1:00



12 Corkscrew
0:30-1:00



13 Saw
0:30-1:00



14 Neck Roll
0:30-1:00



15 Single Leg Kick
0:30-1:00



16 Double Leg Kick
0:30-1:00



17 Neck Pull
0:30-1:00



18 Side Kick Series
0:30-1:00



19 Tracer Series
0:30-1:00



20 Seal
0:30-1:00

How To Use Pilates For Beginners Ideas

G Psacharopoulos



How To Use Pilates For Beginners Ideas:

How To Use Pilates For Beginners Ideas Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**How To Use Pilates For Beginners Ideas**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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