

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
0:00:10



7 Single Straight Leg Stretch
0:00:10



8 Double Straight Leg Stretch
0:00:10



9 One-Up, One-Down
0:00:10



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 Tracer Series
0:00:10



20 Seal
0:00:10

Affordable Pilates For Beginners Ideas For Students

Michael Rajnik



Affordable Pilates For Beginners Ideas For Students:

Whispering the Secrets of Language: An Emotional Journey through **Affordable Pilates For Beginners Ideas For Students**

In a digitally-driven world where monitors reign supreme and instant connection drowns out the subtleties of language, the profound strategies and mental nuances hidden within phrases often move unheard. Yet, nestled within the pages of **Affordable Pilates For Beginners Ideas For Students** a interesting literary prize blinking with raw emotions, lies an extraordinary quest waiting to be undertaken. Penned by a skilled wordsmith, this wonderful opus invites viewers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the very cloth of each word. Within the mental depths with this emotional review, we will embark upon a honest exploration of the book is core themes, dissect their captivating publishing fashion, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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