

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
02:00-03:00



2 Roll-Up
02:00-03:00



3 Single Leg Circles
02:00-03:00



4 Rolling Like a Ball
02:00-03:00



5 Single Leg Stretch
02:00-03:00



6 Double Leg Stretch
02:00-03:00



7 Single Straight Leg Stretch
02:00-03:00



8 Double Straight Leg Stretch
02:00-03:00



9 Knee-Draw
02:00-03:00



10 Spine Stretch Forward
02:00-03:00



11 Open Leg Rocker
02:00-03:00



12 Cat/Cow
02:00-03:00



13 Saw
02:00-03:00



14 Neck Roll
02:00-03:00



15 Single Leg Kick
02:00-03:00



16 Double Leg Kick
02:00-03:00



17 Neck Pull
02:00-03:00



18 Side Kicks Series
02:00-03:00



19 Trunk Series
02:00-03:00



20 Seal
02:00-03:00

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Victor M. Corman



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Table of Contents Advanced Pilates For Beginners Guide For Beginners 2051

1. Understanding the eBook Advanced Pilates For Beginners Guide For Beginners 2051
 - The Rise of Digital Reading Advanced Pilates For Beginners Guide For Beginners 2051
 - Advantages of eBooks Over Traditional Books
2. Identifying Advanced Pilates For Beginners Guide For Beginners 2051
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Advanced Pilates For Beginners Guide For Beginners 2051
 - User-Friendly Interface
4. Exploring eBook Recommendations from Advanced Pilates For Beginners Guide For Beginners 2051

- Personalized Recommendations
 - Advanced Pilates For Beginners Guide For Beginners 2051 User Reviews and Ratings
 - Advanced Pilates For Beginners Guide For Beginners 2051 and Bestseller Lists
5. Accessing Advanced Pilates For Beginners Guide For Beginners 2051 Free and Paid eBooks
 - Advanced Pilates For Beginners Guide For Beginners 2051 Public Domain eBooks
 - Advanced Pilates For Beginners Guide For Beginners 2051 eBook Subscription Services
 - Advanced Pilates For Beginners Guide For Beginners 2051 Budget-Friendly Options
 6. Navigating Advanced Pilates For Beginners Guide For Beginners 2051 eBook Formats
 - ePub, PDF, MOBI, and More
 - Advanced Pilates For Beginners Guide For Beginners 2051 Compatibility with Devices
 - Advanced Pilates For Beginners Guide For Beginners 2051 Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Advanced Pilates For Beginners Guide For Beginners 2051
 - Highlighting and Note-Taking Advanced Pilates For Beginners Guide For Beginners 2051
 - Interactive Elements Advanced Pilates For Beginners Guide For Beginners 2051
 8. Staying Engaged with Advanced Pilates For Beginners Guide For Beginners 2051
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Advanced Pilates For Beginners Guide For Beginners 2051
 9. Balancing eBooks and Physical Books Advanced Pilates For Beginners Guide For Beginners 2051
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Advanced Pilates For Beginners Guide For Beginners 2051
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Advanced Pilates For Beginners Guide For Beginners 2051
 - Setting Reading Goals Advanced Pilates For Beginners Guide For Beginners 2051
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Advanced Pilates For Beginners Guide For Beginners 2051

- Fact-Checking eBook Content of Advanced Pilates For Beginners Guide For Beginners 2051
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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