

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 Tracer Series
02:00-03



20 Seal
02:00-03

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SJ Ball



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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, 2010-11-11 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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The Miracle of Flexibility Miranda Esmonde-White, 2023-02-28 Gain strength and mobility while living a pain free life at any age using this revolutionary technique created by former ballerina New York Times bestselling author and star of PBS s Classical Stretch Miranda Esmonde White The fields of sports and fitness are presently dominated by injury and chronic pain Scientific studies are proving that the old philosophy of No Pain No Gain is false and that pain and injuries are unnecessary biproducts of physical activity For decades former ballerina and New York Times bestselling author of Aging Backwards Miranda Esmonde White has been developing a solution to the chronic pain produced by a lifetime of injuries and ageing leaving her as spry later in life as most of us would dream to be in our twenties The secret to mobility strength flexibility good posture and peak fitness is a daily Essentrics workout Miranda s revolutionary technique is paving the way to create younger stronger more mobile bodies without injury or pain This trailblazing program rooted in science has delivered world champions and Olympic medalists by preventing injuries and healing pain Now for the first time it is available in book form offering A large range of

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Academy, with which are Incorporated Literature and the English Review, 1893 *The British National*
Bibliography Arthur James Wells, 2006 **The Athenaeum**, 1873 **Army-Navy-Air Force Register and Defense Times**
 ,1918 **Army and Navy Register**, 1918 **Balanchine Then and Now** Anne Hogan, 2008 George Balanchine 1904-83 is among the foremost choreographers of the 20th century In a career spanning more than six decades and three continents and with more than 400 dance works to his name Balanchine is one of the major figures of modern art He established with Lincoln Kirstein the School of American Ballet and the New York City Ballet where he was ballet master and principal

choreographer from 1948 until his death Through his work with NYCB as well as in film musicals and opera Balanchine revolutionized classical ballet In this book leading dancers choreographers company directors critics and academics assess Balanchine s legacy and his relevance to dance today Richly illustrated this multi dimensional dialogue is accessible to anyone wishing to learn more about Balanchine and his continuing impact on dance With contributions by Richard Alston Toni D Amelio Dominique Delouche Antonia Franceschi Nanette Glushak Stephanie Jordan Anna Kisselgoff Giannandrea Poesio Francia Russell Tim Scholl Suki Schorer Violette Verdy and Robert Wilson **Forthcoming Books** Rose Arny,2004
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