

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-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 Low
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 Kick Series
0:00:10



19 Tracer Series
0:00:10



20 Seal
0:00:10

Top Pilates For Beginners Guide For Students

Jicheng Xie



Top Pilates For Beginners Guide For Students:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Top Pilates For Beginners Guide For Students**

In a global inundated with displays and the cacophony of quick interaction, the profound power and mental resonance of verbal beauty usually disappear in to obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, nestled within the musical pages of **Top Pilates For Beginners Guide For Students**, a captivating function of fictional elegance that pulses with fresh feelings, lies an remarkable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this exciting opus instructions viewers on a psychological odyssey, softly exposing the latent potential and profound affect stuck within the complicated internet of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is main styles, dissect its interesting publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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