

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
0:00:15



7 Single Straight Leg Stretch
0:00:15



8 Double Straight Leg Stretch
0:00:15



9 Knee-Draw
0:00:15



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 Heaver Series
0:00:10



20 Seal
0:00:10

How To Use Pilates For Beginners Explained For Students

Rosina Ehmann



How To Use Pilates For Beginners Explained For Students:

Enjoying the Beat of Term: An Mental Symphony within **How To Use Pilates For Beginners Explained For Students**

In some sort of used by displays and the ceaseless chatter of instant connection, the melodic elegance and psychological symphony developed by the published word usually diminish into the back ground, eclipsed by the constant noise and disruptions that permeate our lives. However, nestled within the pages of **How To Use Pilates For Beginners Explained For Students** a stunning literary treasure full of organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that interesting masterpiece conducts viewers on a mental journey, skillfully unraveling the hidden melodies and profound impact resonating within each carefully constructed phrase. Within the depths with this touching analysis, we shall investigate the book is central harmonies, analyze their enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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