

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
03:00-04:00



3 Single Leg Circles
04:00-05:00



4 Rolling Like a Ball
05:00-06:00



5 Single Leg Stretch
06:00-07:00



6 Double Leg Stretch
07:00-08:00



7 Single Straight Leg Stretch
08:00-09:00



8 Double Straight Leg Stretch
09:00-10:00



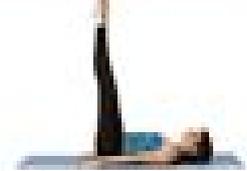
9 Knee-Draw
10:00-11:00



10 Spine Stretch Forward
11:00-12:00



11 Open Leg Rocker
12:00-13:00



12 Corkscrew
13:00-14:00



13 Saw
14:00-15:00



14 Neck Roll
15:00-16:00



15 Single Leg Kick
16:00-17:00



16 Double Leg Kick
17:00-18:00



17 Neck Pull
18:00-19:00



18 Side Kicks Series
19:00-20:00



19 Tractor Series
20:00-21:00



20 Seal
21:00-22:00

Advanced Pilates For Beginners Guide For Creators 2829

Karter Sarah



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Table of Contents Advanced Pilates For Beginners Guide For Creators 2829

1. Understanding the eBook Advanced Pilates For Beginners Guide For Creators 2829
 - The Rise of Digital Reading Advanced Pilates For Beginners Guide For Creators 2829
 - Advantages of eBooks Over Traditional Books
2. Identifying Advanced Pilates For Beginners Guide For Creators 2829
 - 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 Creators 2829
 - User-Friendly Interface
4. Exploring eBook Recommendations from Advanced Pilates For Beginners Guide For Creators 2829
 - Personalized Recommendations
 - Advanced Pilates For Beginners Guide For Creators 2829 User Reviews and Ratings
 - Advanced Pilates For Beginners Guide For Creators 2829 and Bestseller Lists
5. Accessing Advanced Pilates For Beginners Guide For Creators 2829 Free and Paid eBooks
 - Advanced Pilates For Beginners Guide For Creators 2829 Public Domain eBooks
 - Advanced Pilates For Beginners Guide For Creators 2829 eBook Subscription Services
 - Advanced Pilates For Beginners Guide For Creators 2829 Budget-Friendly Options

6. Navigating Advanced Pilates For Beginners Guide For Creators 2829 eBook Formats
 - ePub, PDF, MOBI, and More
 - Advanced Pilates For Beginners Guide For Creators 2829 Compatibility with Devices
 - Advanced Pilates For Beginners Guide For Creators 2829 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Advanced Pilates For Beginners Guide For Creators 2829
 - Highlighting and Note-Taking Advanced Pilates For Beginners Guide For Creators 2829
 - Interactive Elements Advanced Pilates For Beginners Guide For Creators 2829
8. Staying Engaged with Advanced Pilates For Beginners Guide For Creators 2829
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Advanced Pilates For Beginners Guide For Creators 2829
9. Balancing eBooks and Physical Books Advanced Pilates For Beginners Guide For Creators 2829
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Advanced Pilates For Beginners Guide For Creators 2829
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 Creators 2829
 - Setting Reading Goals Advanced Pilates For Beginners Guide For Creators 2829
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Advanced Pilates For Beginners Guide For Creators 2829
 - Fact-Checking eBook Content of Advanced Pilates For Beginners Guide For Creators 2829
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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