

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
03:00-03:30



3 Single Leg Circles
03:30-04:00



4 Rolling Like a Ball
04:00-04:30



5 Single Leg Stretch
04:30-05:00



6 Double Leg Stretch
05:00-05:30



7 Single Straight Leg Stretch
05:30-06:00



8 Double Straight Leg Stretch
06:00-06:30



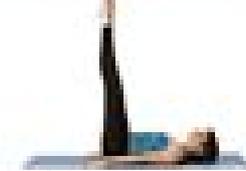
9 Knee-Draw
06:30-07:00



10 Spine Stretch Forward
07:00-07:30



11 Open Leg Rocker
07:30-08:00



12 Corkscrew
08:00-08:30



13 Saw
08:30-09:00



14 Neck Roll
09:00-09:30



15 Single Leg Kick
09:30-10:00



16 Double Leg Kick
10:00-10:30



17 Neck Pull
10:30-11:00



18 Side Kicks Series
11:00-11:30



19 Tractor Series
11:30-12:00



20 Seal
12:00-12:30

Advanced Pilates For Beginners Guide 38260 76924

Tao Wei



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Advanced Pilates For Beginners Guide 38260 76924 Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Advanced Pilates For Beginners Guide 38260 76924**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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