

# 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 Pilates For Beginners Explained

**Ying Liu**



## **How To Pilates For Beginners Explained:**

## Embracing the Beat of Expression: An Emotional Symphony within **How To Pilates For Beginners Explained**

In some sort of taken by screens and the ceaseless chatter of immediate conversation, the melodic splendor and psychological symphony produced by the written word often disappear into the back ground, eclipsed by the persistent noise and disturbances that permeate our lives. Nevertheless, nestled within the pages of **How To Pilates For Beginners Explained** a wonderful literary treasure overflowing with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this captivating masterpiece conducts viewers on a psychological trip, skillfully unraveling the hidden songs and profound influence resonating within each cautiously constructed phrase. Within the depths of the emotional examination, we will investigate the book is central harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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### **How To Pilates For Beginners Explained Introduction**

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