

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



2 Roll Up
03:00-05



3 Single Leg Circles
03:00-03



4 Rolling Like a Ball
03:00-03



5 Single Leg Stretch
03:00-03



6 Double Leg Stretch
03:00-03



7 Single Straight Leg Stretch
03:00-03



8 Double Straight Leg Stretch
03:00-03



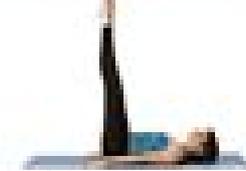
9 One-Down
03:00-03



10 Spine Stretch Forward
03:00-03



11 Open Leg Worker
03:00-03



12 Corkscrew
03:00-03



13 Low
03:00-03



14 Neck Roll
03:00-03



15 Single Leg Kick
03:00-03



16 Double Leg Kick
03:00-03



17 Neck Pull
03:00-03



18 Side Kicks Series
03:00-03



19 Tracer Series
03:00-03



20 Seal
03:00-03

Ultimate Pilates For Beginners Ideas

A Gutmann



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The Ultimate Body Liz Neporent,2003 Offers instructions for ten complete workouts emphasizing different goals and methods including routines for weight loss strength flexibility and the upper body Billboard ,2004-02-14 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Physical & Health Education Journal** ,2004 Canada s magazine for physical and health educators 20 MINUTES TO MASTER ... PILATES Lesley Ackland,2013-08-15 Do you dream of a flat stomach a longer leaner body and superb posture Do you wish to improve your overall appearance Pilates will help you achieve all this and more 20 Minutes to Master Pilates is a clear introduction to the practice and its background guiding you through key exercises that benefit both body and mind **15-minute Pilates** Lesley Ackland,1998 Reveals the secret to a leaner and stronger body using the Pilates mehod for fifteen minutes a day *Public Speaking - From Preparation to Presentation* Silke von Seydlitz,2017-08-07 In a world where you are competing with a myriad of messages there is one book written by speech and voice coach Silke von Seydlitz that will lead you from delivering mediocre talks to present outstanding talks so that you can reach the world with your best message *Public Speaking Preparation and Presentation* is for anyone who delivers talks in public shares devotions with a bible study group or makes an announcement at a social gathering or sports event It is for those who facilitate training sessions preach sermons to congregations or give inspirational talks at conventions You will benefit from a step by step process on how to compile an effective talk powerful techniques on how to use your breath to create a well rounded voice the secrets of confident body language And you will learn how to overcome stage fright how to develop a rich and pleasant voice for public speaking how to obtain a relaxed body and mind The Best-Ever Book of Beauty Helena Sunnydale,2005 The Ultimate Guide To Skincare Make Up Haircare Hairstyling Diet And Fitness Step By Step Beauty Treatments And Routines In Over 900 Fabulous Photographs Covers every aspect of women s health and beauty head to toe inside and out Hundreds of ideas and inspirations dozens of projects scores of techniques all shown step by step over 900 full color photographs provide an incredible catalog of professional beauty advice Simple everyday beauty routines clearly explain how to keep your skin in tip top condition whatever your age Keep your hair healthy and looking its best with haircare wisdom and learn how to style hair for a whole range of fresh new looks A special section on Pilates and other fitness systems demonstrates how to improve muscle tone posture and well being The very latest dietary advice provides information on the foods to eat for your body type Pilates (Thorsons First Directions) Lesley Ackland,2014-07-10 First Directions an inspirational source of information insights and practical techniques to change your life **Berkshire Encyclopedia of World Sport** ,2005 Covers the whole world of sport from major professional sports and sporting events to community and youth sport as well as the business of sports and key social issues Provided by

publisher *The British National Bibliography* Arthur James Wells,2009 *Library Journal* Melvil Dewey,Richard Rogers Bowker,L. Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells,2005 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately Library Journal ,2005 *Video Source Book* ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction The Times Good University Guide 2007 John O'Leary,2006 YEARBOOKS ANNUALS ALMANACS How do you find the best university for the subject you wish to study You need a guide that evaluates the quality of what is available giving facts figures and comparative assessments of universities Since 1992 The Times has produced the most widely respected and used university league tables The Guide takes the key measures of quality as its focus so you can make informed choices of university and subjects Still unique and still controversial the rankings provide hard data analysed interpreted and presented by a team of experts The 2009 edition of the best selling Good University Guide has been further extended Two pages of information on each university Detailed coverage of Oxford and Cambridge colleges Information specifically designed for international students **The Book Review Digest** ,2006 **The Video Librarian** ,2005 *Books In Print 2004-2005* Ed Bowker Staff,Staff Bowker, Ed,2004 *Body and Soul* ,2007 **Fitness Through Aerobics** Jan Galen Bishop,2004-05 Lifeguard Training Activities and Games is a complete resource for aquatics managers or lifeguard supervisors responsible for conducting site specific on the job training for lifeguards The compilation of games skill drills activities and guidance enhances training and conditioning of lifeguards and creates a high performing staff Throughout the book the focus is on keeping activities fun and engaging to promote participation and ensure your lifeguards acquire the skills they need in order to take action in an emergency The book contains more than 70 proven training activities divided into chapters by type of lifeguard skill Each activity is short enough to be part of an in service or class warm up session Most have variations allowing for continued challenges of participants performances through increasing levels of difficulty The drills games and activities improve lifeguards general aquatic skills and physical fitness surveillance emergency response and rescue skills and teamwork and problem solving skills With this knowledge and training you will be able to develop and maintain a high performing lifeguard staff Certification as a lifeguard is the first step in the overall training process The real training begins on the job and the responsibility for that training is left to the aquatics manager or lifeguard supervisor Lifeguard Training Activities and Games makes that training fun engaging meaningful and practical Publisher **Convene** ,2009

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