

# 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  
(0:00-0:15)

2 Roll Up  
(0:15-0:25)

3 Single Leg Circles  
(0:25-0:35)



4 Rolling Like a Ball  
(0:35-0:45)

5 Single Leg Stretch  
(0:45-0:55)

6 Double Leg Stretch  
(0:55-1:05)



7 Single Straight Leg Stretch  
(1:05-1:15)

8 Double Straight Leg Stretch  
(1:15-1:25)

9 One-Down  
(1:25-1:35)



10 Spine Stretch Forward  
(1:35-1:45)



11 Open Leg Rocker  
(1:45-1:55)



12 Cat/Cow  
(1:55-2:05)



13 Low  
(2:05-2:15)



14 Neck Roll  
(2:15-2:25)



15 Single Leg Kick  
(2:25-2:35)



16 Double Leg Kick  
(2:35-2:45)



17 Neck Pull  
(2:45-2:55)



18 Side Kick Series  
(2:55-3:05)



19 Tracer Series  
(3:05-3:15)



20 Seal  
(3:15-3:25)

# How To Pilates For Beginners For Students

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## Whispering the Secrets of Language: An Mental Quest through **How To Pilates For Beginners For Students**

In a digitally-driven earth wherever displays reign supreme and immediate interaction drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases often go unheard. Yet, nestled within the pages of **How To Pilates For Beginners For Students** a charming fictional value sporting with organic emotions, lies an extraordinary journey waiting to be undertaken. Written by a skilled wordsmith, this marvelous opus encourages readers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the cloth of each and every word. Within the emotional depths with this emotional evaluation, we shall embark upon a sincere exploration of the book is key styles, dissect its interesting writing design, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

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