

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 Knee-Cross
(1:25-1:35)



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



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



12 Calf Stretch
(1:55-2:05)



13 Toe
(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 Kicks Series
(2:55-3:05)



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



20 Seal
(3:15-3:25)

Best Pilates For Beginners Guide For Creators 5817

Didier Musso



Best Pilates For Beginners Guide For Creators 5817:

Best Pilates For Beginners Guide For Creators 5817 Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Best Pilates For Beginners Guide For Creators 5817**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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