

# 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

# Ultimate Pilates For Beginners Explained For Experts

**Arthur James Wells**



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rates of type 2 diabetes and Alzheimer's disease are escalating at epidemic proportions because of the insulin resistance brought on by the Standard American Diet In *The Better Brain Solution* Dr Steven Masley explains why healthy insulin activity and blood sugar control are essential to brain health He explores the impact of insulin resistance on the brain and the brain blood sugar heart connection He explains 1 how the brain can become insulin resistant through diet and lifestyle 2 how and why it can lead to cognitive decline and memory loss and 3 how to prevent and reverse these conditions by following the *Better Brain Solution* a step by step approach to reverse insulin resistance prevent and reverse type 2 diabetes and heart disease improve cognitive functions and avoid memory loss It's never too late to improve your mental sharpness prevent and even reverse type 2 diabetes and heart disease and decrease your risk for memory loss This guide includes Book Summary helps you understand the key concepts Online Videos cover the concepts in more depth Value added from this guide Save time Understand key concepts Expand your knowledge

**Beginner's Guide to Pilates** Sian Williams, Dominique Jansen, 2004 Introduces the holistic exercise system called Pilates Includes a self assessment and presents the principles of Pilates as well as thirty six step by step sequences

Understanding Your Health Wayne A. Payne, 2002

**The Christian Union**, 1886

The British National Bibliography Arthur James Wells, 2009

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Library Journal, 1999-10

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**About the Author of *Nutrition For Dummies* 5th Edition:** Carol Ann Rinzler is a noted authority on health and nutrition and is the author of more than 20 books on food and health. She has contributed to many major publications, including the *New York Times*, *Redbook*, *Family Circle*, and the *New York Daily News*. Carol holds a master's degree from Columbia University.

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*The American Music Teacher*, 2002      *Coaches Report*, 2002      **The DVD-laser Disc Newsletter**, 2003

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