

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
02:00-03



3 Single Leg Circles
02:00-03



4 Rolling Like a Ball
02:00-03



5 Single Leg Stretch
02:00-03



6 Double Leg Stretch
02:00-03



7 Single Straight Leg Stretch
02:00-03



8 Double Straight Leg Stretch
02:00-03



9 One-Down
02:00-03



10 Spine Stretch Forward
02:00-03



11 Open Leg Rocker
02:00-03



12 Cat/Cow
02:00-03



13 Low
02:00-03



14 Neck Roll
02:00-03



15 Single Leg Kick
02:00-03



16 Double Leg Kick
02:00-03



17 Neck Pull
02:00-03



18 Side Kick Series
02:00-03



19 Tracer Series
02:00-03



20 Seal
02:00-03

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SJ Ball



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Table of Contents Pilates For Beginners 4477

1. Understanding the eBook Pilates For Beginners 4477
 - The Rise of Digital Reading Pilates For Beginners 4477
 - Advantages of eBooks Over Traditional Books
2. Identifying Pilates For Beginners 4477
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Pilates For Beginners 4477
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pilates For Beginners 4477
 - Personalized Recommendations
 - Pilates For Beginners 4477 User Reviews and Ratings
 - Pilates For Beginners 4477 and Bestseller Lists
5. Accessing Pilates For Beginners 4477 Free and Paid eBooks
 - Pilates For Beginners 4477 Public Domain eBooks
 - Pilates For Beginners 4477 eBook Subscription Services

- Pilates For Beginners 4477 Budget-Friendly Options
- 6. Navigating Pilates For Beginners 4477 eBook Formats
 - ePub, PDF, MOBI, and More
 - Pilates For Beginners 4477 Compatibility with Devices
 - Pilates For Beginners 4477 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pilates For Beginners 4477
 - Highlighting and Note-Taking Pilates For Beginners 4477
 - Interactive Elements Pilates For Beginners 4477
- 8. Staying Engaged with Pilates For Beginners 4477
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pilates For Beginners 4477
- 9. Balancing eBooks and Physical Books Pilates For Beginners 4477
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pilates For Beginners 4477
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Pilates For Beginners 4477
 - Setting Reading Goals Pilates For Beginners 4477
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Pilates For Beginners 4477
 - Fact-Checking eBook Content of Pilates For Beginners 4477
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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