

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 Knee-Draw
03:00-03



10 Spine Stretch Forward
03:00-03



11 Open Leg Rocker
03:00-03



12 Corkscrew
03:00-03



13 Saw
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 Tractor Series
03:00-03



20 Seal
03:00-03

Simple Pilates For Beginners Step Plan

Ian Pickup



Simple Pilates For Beginners Step Plan:

The book delves into Simple Pilates For Beginners Step Plan. Simple Pilates For Beginners Step Plan is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Simple Pilates For Beginners Step Plan, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Simple Pilates For Beginners Step Plan
 - Chapter 2: Essential Elements of Simple Pilates For Beginners Step Plan
 - Chapter 3: Simple Pilates For Beginners Step Plan in Everyday Life
 - Chapter 4: Simple Pilates For Beginners Step Plan in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Simple Pilates For Beginners Step Plan. The first chapter will explore what Simple Pilates For Beginners Step Plan is, why Simple Pilates For Beginners Step Plan is vital, and how to effectively learn about Simple Pilates For Beginners Step Plan.
 3. In chapter 2, this book will delve into the foundational concepts of Simple Pilates For Beginners Step Plan. The second chapter will elucidate the essential principles that must be understood to grasp Simple Pilates For Beginners Step Plan in its entirety.
 4. In chapter 3, this book will examine the practical applications of Simple Pilates For Beginners Step Plan in daily life. This chapter will showcase real-world examples of how Simple Pilates For Beginners Step Plan can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Simple Pilates For Beginners Step Plan in specific contexts. The fourth chapter will explore how Simple Pilates For Beginners Step Plan is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Simple Pilates For Beginners Step Plan. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Simple Pilates For Beginners Step Plan.

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