

# 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  
02:00-03:00



2 Roll-Up  
03:00-03:30



3 Single Leg Circles  
03:30-04:00



4 Rolling Like a Ball  
04:00-04:30



5 Single Leg Stretch  
04:30-05:00



6 Double Leg Stretch  
05:00-05:30



7 Single Straight Leg Stretch  
05:30-06:00



8 Double Straight Leg Stretch  
06:00-06:30



9 Knee-Cross  
06:30-07:00



10 Spine Stretch Forward  
07:00-07:30



11 Open Leg Rocker  
07:30-08:00



12 Cat/Cow  
08:00-08:30



13 Saw  
08:30-09:00



14 Neck Roll  
09:00-09:30



15 Single Leg Kick  
09:30-10:00



16 Double Leg Kick  
10:00-10:30



17 Neck Pull  
10:30-11:00



18 Side Kicks Series  
11:00-11:30



19 Tracer Series  
11:30-12:00



20 Seal  
12:00-12:30

# What Is Pilates For Beginners Ideas For Experts

**Minjie Lin**



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Evaluate alternative remedies Make simple migraine busting lifestyle changes Stop migraines from disrupting your family and work lives Find a good doctor to help you manage the beast The authors look at the whole spectrum of the problem from dealing with the number one issue of pain relief to handling the peripheral problems like absences from work skepticism from friends and impact on family They also explore a range of critical related issues including Different types of migraines including abdominal ocular hemiplegic ophthalmoplegic and women s hormonal migraines Triggers such as environmental allergens stress dietary triggers and even exercises that can cause migraines Over the counter medications vitamins and herbal supplements Biofeedback meditation massage acupuncture and other alternative remedies The pros and cons of prescription remedies including ergotamine derivatives antidepressants nonsteroidal anti inflammatory drugs botox and more You ve tried Aunt Edna s camphor soaked head cloths Now explore a sensible medically sound approach and get on the road to full fledged pain relief with **Migraines For Dummies**

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