

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 One-Down
(1:25-1:35)



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



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



12 Cat/Cow
(1:55-2:05)



13 Low
(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 Kick Series
(2:55-3:05)



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



20 Seal
(3:15-3:25)

Top Method For Pilates For Beginners Guide 1829

RJ Shavelson



Top Method For Pilates For Beginners Guide 1829:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Top Method For Pilates For Beginners Guide 1829**

In some sort of inundated with screens and the cacophony of fast interaction, the profound power and emotional resonance of verbal artistry often diminish in to obscurity, eclipsed by the continuous barrage of sound and distractions. Yet, situated within the lyrical pages of **Top Method For Pilates For Beginners Guide 1829**, a captivating function of literary brilliance that impulses with raw feelings, lies an unforgettable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, this interesting opus guides readers on a psychological odyssey, lightly revealing the latent potential and profound affect embedded within the intricate web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is key subjects, dissect its charming writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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