

# 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 Tracer Series  
03:00-03



20 Seal  
03:00-03

# How To Use Pilates For Beginners For Moms

**Yan Bai**



## **How To Use Pilates For Beginners For Moms:**

**Exercise Balls For Dummies** LaReine Chabut,2005-05-06 If you want to shape up or lose weight get on the ball It s inexpensive It s something you can do at home It s effective However unless you have a personal trainer using the exercise ball correctly to get maximum results can be tricky That s where *Exercise Balls For Dummies* comes in You ll discover how to turn an ordinary workout into a super workout that builds strength increases flexibility and sculpts a great looking body The book includes Step by step details on using exercise balls in your regular workout program Tips on selecting and maintaining equipment Illustrated exercises covering a complete muscle workout shoulders and upper back biceps triceps and forearms chest abdominals and lower back legs and hips flexibility in general Specific applications for Pilates weight training stretching and aerobic exercise Mat workout routines Admitted couch potatoes can start at the beginning fitness fanatics can jump right in and integrate the exercise ball into their routines *Exercise Balls For Dummies* was written by LaReine Chabut a fitness model actress and writer who owns a women s workout spa and stars in workout videos Of course she makes it look easy

**Pregnancy All-in-One For Dummies** The Experts at Dummies,2016-05-16 Your all encompassing guide to having a happy healthy pregnancy Are you an expectant parent looking for sound expert guidance as you prepare to welcome a new addition to your family *Pregnancy All in One For Dummies* has done the legwork for you offering a one stop compilation of the hottest topics and most relevant information culled from several successful *For Dummies* pregnancy titles Covering everything from conception to the delivery room and beyond it gives moms and dads to be the reassuring answers they need during this very special time Your pregnancy and childbirth experiences should be happy ones but they re bound to be rife with questions especially if you re a first time parent having a child later in life or embarking on your first multiple birth Luckily this friendly guide is here to put your mind at ease offering authoritative coverage of everything you can expect to encounter in the first second and third trimesters of pregnancy as well as all the special considerations you may come across along the way such as diet exercise labor and delivery options breastfeeding and so much more Make pregnancy and childbirth an enjoyable experience Find out about nutrients that are critical to your baby s development Get authoritative guidance on making a birth plan Why turn to dozens of pregnancy resources when all the helpful down to earth guidance you re looking for is right here in one convenient place

***Mind-Body Fitness For Dummies*** Therese Iknoian,2000-11-22 *Mind Body Fitness For Dummies* is the complete guide to the world of holistic fitness from Yoga and Tai Chi to Pilates and Qigong Get started the smart way with expert advice on the essentials such as breathing posture and choosing a program that best fits you and your fitness goals Filled with instructional photos and illustrations this book also features expert advice on warming up and cooling down as well as taking your workout program beyond the basics with coverage of bodywork techniques including NIA and the Alexander technique *Mind Body Fitness For Dummies* will also help answer common questions about equipment and space needs as well as other issues to consider before committing to a new fitness plan

**The Momstown Guide to Getting It All** Mary Goulet, Heather Reider, 2005-08-03 The hosts of the hit internet radio show MomsTown offer insights resources and motivation to help stay at home moms set and achieve their personal goals for a more satisfying life and more women are taking a break from their careers to devote time to being a mom But as some women find going from cleaning out the inbox to cleaning up the toy box can be a bit of a shocking transition That's where The MomsTown Guide to Getting It All comes in Internet radio hosts Mary Goulet and Heather Reider have been lifesavers to many stay at home moms providing friendship community and motivation to women who might otherwise have felt marginalized The MomsTown philosophy reminds moms that they can make their dreams come true without sacrificing family life in just ten weeks [Working Mother](#), 2004-10 The magazine that helps career moms balance their personal and professional lives

**Venture Mom** Holly Hurd, 2015-08-12 Founder of VentureMom.com Holly Hurd recounts inspiring stories from women who have channeled their passions into money making products and services and delivers 12 steps to simplify the process and turn your idea into a budding enterprise How did she do it You've probably seen your share of moms lately thriving in the whirlwind of motherhood and entrepreneurship having taken their designer onesie or gluten free cookie and turned it into a profitable venture and wondered if that could ever happen to you It can Without sacrificing precious time with their children moms will learn about Tips and techniques for honing a concept doing just enough research and finding the perfect name 5 factors that improve the odds of success Free resources for logos web design and branding Strategies for leveraging email blogging and social media Don't fall for the lie that you could never do what they did It's time to strip away the mysteries surrounding launching a business and unlock a fast easy formula that anyone can utilize Whether the goal is adding to the family finances or building a major enterprise Venture Mom can help anyone get started

**Fit Pregnancy For Dummies** Catherine Cram, Tere Stouffer Drenth, 2004-07-02 Are you intrigued by the idea of working out during pregnancy but think it can't be safe Are you unsure how the words fit and pregnancy actually make sense in the same sentence If so you've come to the right place This easy to follow guide shows you how you can be fit and pregnant whether you're new to exercise or have been working out for years and whether you're in your second week of pregnancy or your 32nd Fit Pregnancy For Dummies is for you if you're pregnant if you're thinking about becoming pregnant and You want to be as fit and healthy as you can be whatever your current fitness level without in any way jeopardizing your health or the health of your baby This guide gives you the straight facts on Staying safe when you exercise Developing a plan with your health provider Choosing the right equipment Modifying your routine for each trimester Eating well for nine months and beyond From yoga and swimming to weight training aerobics and much more you'll see how to get started with a fun step by step fitness routine that will make your entire pregnancy easier to manage Postpartum expert and prenatal fitness class instructor Catherine Cram and fitness expert Tere Stouffer Drenth give you the scoop on the activities that work best for pregnant women and how to set up a routine that works best for you You'll understand how a fit pregnancy helps you with

delivery and postpartum shape up Plus you get expert advice on activities to avoid eating well and staying motivated during and after your pregnancy as well as Dressing comfortably for your workout Warming up and stretching to increase flexibility and avoid injury Modifying your exercise routine Staying fit after giving birth Finding the time for exercise and motherhood Complete with special tips on exercising indoors staying motivated getting your family hooked on fitness and helping your child grow up healthy and fit Fit Pregnancy For Dummies is the key to exercising safely and staying fit throughout your pregnancy and beyond **Korea Now** ,2004 Bowker's Complete Video Directory, 1998 ,1998 *Library Journal* ,2008

**Baby Bargains** Denise Fields,Alan Fields,2007 Oh baby With the average newborn racking up 6000 for the first year alone expectant moms and dads need all the creative cost cutting ideas they can find Baby Bargains is the answer Inside parents find detailed ratings and reviews of baby gear plus handy charts that compare brands and models *Baby Bargains* Alan Fields,Denise Fields,2005 This book lists great deals and money saving strategies for a wide variety of must have items from maternity wear baby clothes and diapers to furniture bedding and toys **Active Mom** Ashley Reid,2026-03-05 Exercise physiologist Ashley Reid helps moms stay strong and active through all stages of pregnancy and motherhood with concrete advice workout recommendations and exercise and wellness tips **Vegetarian Times** ,2005 **The Publishers Weekly** ,2008 *Library Journal* Melvil Dewey,Richard Rogers Bowker,L. Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells,2007 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

*Insiders' Guide North Carolina's Southern Coast and Wilmington* Zach Hanner,Pamela Watson,Rebecca Pierre,Kate Walsh,2006-06-15 The annually updated Insiders Guide to North Carolinas Southern Coast and Wilmington is this areas most complete source of travel and newcomer information **Media Review Digest** C. Edward Wall,2003 Not Ready for Mom Jeans Maureen Lipinski,2010-05-19 A laugh out loud novel about motherhood life and the quest for eight hours of sleep Event planner and famous blogger Clare Finnegan expected to go back to work after her daughter was born After all she worked hard for her success and it s not like now that she has a child she has to buy a minivan wear Mom Jeans and give up her career Right Despite more than a few pounds of baby weight still left to lose Clare dons her Miss Piggy Pants and returns to work She plans a swanky Sweet Sixteen party pulls off a million dollar golf outing has to come to terms with her mother s breast cancer and is left so exhausted that she can t remember her ATM card s pin number Then after another meeting runs late and she misses another one of her daughter s milestones Clare allows herself to examine an alternate choice staying home Lipinski s snappy dialogue and acerbic wit are so engaging you don t need a minivan to enjoy this ride Jen Lancaster New York Times bestselling author **Insiders' Guide to North Carolina's Southern Coast and Wilington, 15th** Zack Hanner,Pamela Watson,Emily Gorman-Fancy,Rebecca Pierre,Kate Walsh,2008-06 This book offers everything you need to know about North Carolina s southern coastal area whether you re planning a vacation relocating to the area or are a local

who wants to know more

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