

# 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  
(0:00-0:10)

2 Roll Up  
(0:10-0:15)

3 Single Leg Circles  
(0:15-0:20)



4 Rolling Like a Ball  
(0:20-0:25)

5 Single Leg Stretch  
(0:25-0:30)

6 Double Leg Stretch  
(0:30-0:35)



7 Single Straight Leg Stretch  
(0:35-0:40)

8 Double Straight Leg Stretch  
(0:40-0:45)

9 One-Down  
(0:45-0:50)



10 Spine Stretch Forward  
(0:50-0:55)

11 Open Leg Rocker  
(0:55-1:00)

12 Cat/Cow  
(1:00-1:05)



13 Low  
(1:05-1:10)

14 Neck Roll  
(1:10-1:15)

15 Single Leg Kick  
(1:15-1:20)



16 Double Leg Kick  
(1:20-1:25)

17 Neck Pull  
(1:25-1:30)

18 Side Kick Series  
(1:30-1:35)



19 Tracer Series  
(1:35-1:40)

20 Ball  
(1:40-1:45)

# Beginners Guide To Pilates

**Noah Daniels**



## **Beginners Guide To Pilates:**

## **Beginners Guide To Pilates** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Beginners Guide To Pilates**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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