

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
0:00:10



2 Roll Up
0:00:15



3 Single Leg Circles
0:00:10



4 Rolling Like a Ball
0:00:10



5 Single Leg Stretch
0:00:15



6 Double Leg Stretch
0:00:10



7 Single Straight Leg Stretch
0:00:10



8 Double Straight Leg Stretch
0:00:10



9 One-Down
0:00:10



10 Spine Stretch Forward
0:00:10



11 Open Leg Rocker
0:00:10



12 Cat/Cow
0:00:10



13 Low
0:00:10



14 Neck Roll
0:00:10



15 Single Leg Kick
0:00:10



16 Double Leg Kick
0:00:10



17 Neck Pull
0:00:10



18 Side Kick Series
0:00:10



19 Tracer Series
0:00:10



20 Seal
0:00:10

10 Step Pilates

Tao Wei



10 Step Pilates:

Adopting the Song of Expression: An Emotional Symphony within **10 Step Pilates**

In a global consumed by displays and the ceaseless chatter of fast transmission, the melodic beauty and psychological symphony developed by the written word usually diminish in to the backdrop, eclipsed by the constant sound and distractions that permeate our lives. Nevertheless, situated within the pages of **10 Step Pilates** a stunning literary value brimming with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this interesting masterpiece conducts visitors on a psychological trip, skillfully unraveling the concealed melodies and profound affect resonating within each cautiously constructed phrase. Within the depths of this moving assessment, we shall investigate the book is main harmonies, analyze their enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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