

Dear Guests of my web site,  
I strongly believe that proper exercising is an art and must be learnt through one on one practice. The following exercises are NOT for beginners!

Please, warm up reaching the full range of motion of your joints before starting this program!  
You can repeat the program 3 to 5 times a week. Each exercise can be done in 3 sets/15 repetitions. The wall-squat (N3) could be held 30 seconds to 1 min.

You will need a Swiss ball, elastic and weight (could be your detergent bottle with a handle).

You must consult your doctor if you have already had previous injuries or contraindications to certain movements.

**Major cue:** The abdominal area is often called the "second spine". The efforts of movement, force, balance, and strength come from the abdominal control. It provides fluidity of the movement from the center. Practice core elevation starting from the pelvic floor muscles all the way up to the crown of your head.

"To breathe correctly you must completely exhale and inhale, always trying very hard to "squeeze" every atom of impure air from your lungs in much the same manner that you would wring every drop of water from a wet cloth." J. Pilates  
Exhale on the effort!

### Intermediate Program for Radiant Health

