

# 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 Knee-Draw  
(1:25-1:35)



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



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



12 Calf Stretch  
(1:55-2:05)



13 Toe  
(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 Heaver Series  
(3:05-3:15)



20 Seal  
(3:15-3:25)

# Pilates For Beginners 4477

**Sabine Zange**



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