

# 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  
(0:00-0:30)

2 Roll Up  
(0:30-0:45)

3 Single Leg Circles  
(0:45-1:00)



4 Rolling Like a Ball  
(1:00-1:30)

5 Single Leg Stretch  
(1:30-1:45)

6 Double Leg Stretch  
(1:45-2:00)



7 Single Straight Leg Stretch  
(2:00-2:15)

8 Double Straight Leg Stretch  
(2:15-2:30)

9 One-Down  
(2:30-2:45)



10 Spine Stretch Forward  
(2:45-3:00)



11 Open Leg Rocker  
(3:00-3:15)



12 Corkscrew  
(3:15-3:30)



13 Saw  
(3:30-3:45)



14 Neck Roll  
(3:45-4:00)



15 Single Leg Kick  
(4:00-4:15)



16 Double Leg Kick  
(4:15-4:30)



17 Neck Pull  
(4:30-4:45)



18 Side Kick Series  
(4:45-5:00)



19 Tractor Series  
(5:00-5:15)



20 Seal  
(5:15-5:30)

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**32845**

**Michael Seilmaier**



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