

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
(upward)

2 Roll Up
(upward)

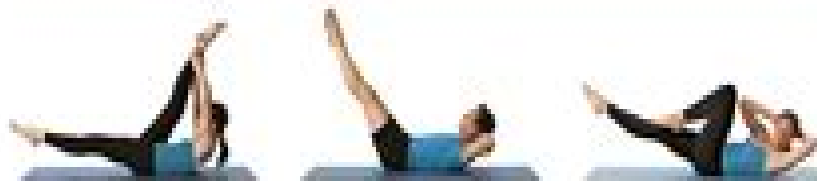
3 Single Leg Circles
(upward)



4 Rolling Like a Ball
(upward)

5 Single Leg Stretch
(upward)

6 Double Leg Stretch
(upward)



7 Single Straight Leg Stretch
(upward)

8 Double Straight Leg Stretch
(upward)

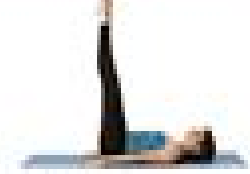
9 One-Down
(upward)



10 Spine Stretch Forward
(upward)



11 Open Leg Marker
(upward)



12 Cat/Cow
(upward)



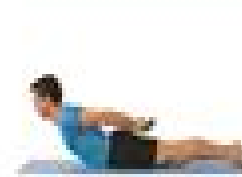
13 Low
(upward)



14 Neck Roll
(upward)



15 Single Leg Kick
(upward)



16 Double Leg Kick
(upward)



17 Neck Pull
(upward)



18 Side Kicks Series
(upward)



19 Trunk Series
(upward)



20 Seal
(upward)

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