

# 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 Cat/Cow  
3:15-3:30



13 Low  
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 Kicks Series  
4:45-5:00



19 Heaver Series  
5:00-5:15



20 Seal  
5:15-5:30

# Expert Pilates For Beginners Explained For Beginners

**K Morrison**



**Expert Pilates For Beginners Explained For Beginners:**

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Expert Pilates For Beginners Explained For Beginners** . This emotionally charged ebook, available for download in a PDF format (\*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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