

# 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 Chest-Dress  
(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 Toe Tuck  
(3:30-3:45)



14 Back 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 Heaven Series  
(5:00-5:15)



20 Foot  
(5:15-5:30)

# Advanced Pilates For Beginners Explained For Students

**ML Yell**



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correspondent for ABC National News She is a frequent contributor to Shape Self and Fitness magazines About the Author of Ten Minute Tone Ups For Dummies Mini Edition Cyndi Targosz is a certified lifestyle fitness expert and President and founder of STARGLOW Production Inc She is also a motivational speaker who has appeared on numerous radio and TV shows

Pilates Body in Motion Alycea Ungaro, 2002-02-20 Pilates Body in Motion is a pioneering step by step book for mat based Pilates A global best seller famed for its clear instruction and innovative design Pilates Body in Motion clearly explains every exercise sequence with at a glance overviews detailed step by step photographs and a checklist of dos and don'ts Author Alycea Ungaro pioneered mat based Pilates and lends her expert advice to help you avoid injury and maximize Pilates fitness and health benefits Four program sequences allow you to move from beginner to intermediate to advanced and cover fifty mat based exercises from The Hundred to The Wall Sequence the Open Leg Rocker and Corkscrew to the Swan Dive Shoulder Bridge Magic Circle Sequence and many more Streamline your body and focus your mind with 50 classic mat Pilates exercises to do at home with Pilates Body in Motion **Understanding and Working with Special Populations**

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