

# 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  
0:00-0:15

3 Single Leg Circles  
0:00-0:30



4 Rolling Like a Ball  
0:00-0:15

5 Single Leg Stretch  
0:00-0:15

6 Double Leg Stretch  
0:00-0:15



7 Single Straight Leg Stretch  
0:00-0:15

8 Double Straight Leg Stretch  
0:00-0:15

9 One-Down  
0:00-0:15



10 Spine Stretch Forward  
0:00-0:15



11 Open Leg Rocker  
0:00-0:15



12 Corkscrew  
0:00-0:15



13 Saw  
0:00-0:15



14 Neck Roll  
0:00-0:15



15 Single Leg Kick  
0:00-0:15



16 Double Leg Kick  
0:00-0:15



17 Neck Pull  
0:00-0:15



18 Side Kick Series  
0:00-0:15



19 Tractor Series  
0:00-0:15



20 Seal  
0:00-0:15

# Best Pilates For Beginners Guide For Beginners 35986

**S Baum**



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