

# 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  
(0:45-0:55)



4 Rolling Like a Ball  
(0:55-1:05)



5 Single Leg Stretch  
(1:05-1:20)



6 Double Leg Stretch  
(1:20-1:35)



7 Single Straight Leg Stretch  
(1:35-1:50)



8 Double Straight Leg Stretch  
(1:50-2:05)



9 Draw-Knees  
(2:05-2:20)



10 Spine Stretch Forward  
(2:20-2:35)



11 Open Leg Rocker  
(2:35-2:50)



12 Corkscrew  
(2:50-3:05)



13 Toe Touch  
(3:05-3:20)



14 Back Roll  
(3:20-3:35)



15 Single Leg Kick  
(3:35-3:50)



16 Double Leg Kick  
(3:50-4:05)



17 Neck Pull  
(4:05-4:20)



18 Side Kicks Series  
(4:20-4:35)



19 Heaven Series  
(4:35-4:50)



20 Foot  
(4:50-5:05)

# Pro Pilates For Beginners Explained

**David Baud**



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