

EXERCISE SEQUENCE

Building on the exercises in the preceding chapters, 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.



4 The Hundred
0:00:10

5 Roll Up
0:00:15

6 Single Leg Circles
0:00:10



7 Rolling Like a Ball
0:00:10

8 Single Leg Stretch
0:00:15

9 Double Leg Stretch
0:00:10



10 Single Straight Leg Stretch
0:00:10

11 Double Straight Leg Stretch
0:00:15

12 One-Down
0:00:10



13 Spine Stretch Forward
0:00:10



14 Open Leg Rocker
0:00:10



15 Cat/Cow
0:00:10



16 Low
0:00:10



17 Neck Roll
0:00:10



18 Single Leg Kick
0:00:10



19 Double Leg Kick
0:00:10



20 Neck Pull
0:00:10



21 Side Kicks Series
0:00:10



22 Heaver Series
0:00:10



23 Ball
0:00:10

How To Pilates For Beginners Explained For Workers

Gillian Burn



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