

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
0:00:10



2 Roll Up
0:00:15



3 Single Leg Circles
0:00:30



4 Rolling Like a Ball
0:00:30



5 Single Leg Stretch
0:00:15



6 Double Leg Stretch
0:00:30



7 Single Straight Leg Stretch
0:00:15



8 Double Straight Leg Stretch
0:00:15



9 Chest-Dress
0:00:15



10 Spine Stretch Forward
0:00:15



11 Open Leg Rocker
0:00:15



12 Corkscrew
0:00:15



13 Toe Tuck
0:00:15



14 Neck Roll
0:00:15



15 Single Leg Kick
0:00:15



16 Double Leg Kick
0:00:15



17 Neck Pull
0:00:15



18 Side Kicks Series
0:00:15



19 Heaven Series
0:00:15



20 Foot
0:00:15

Advanced Pilates For Beginners Explained 1231

David Kirk



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