

# 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  
0:45-1:00



2 Roll-Up  
0:30-1:15



3 Single Leg Circles  
0:45-1:00



4 Rolling Like a Ball  
0:30-1:00



5 Single Leg Stretch  
0:30-1:15



6 Double Leg Stretch  
0:30-1:00



7 Single Straight Leg Stretch  
0:30-1:00



8 Double Straight Leg Stretch  
0:30-1:00



9 One-Down  
0:30-1:00



10 Spine Stretch Forward  
0:45-1:00



11 Open Leg Rocker  
0:45-1:00



12 Corkscrew  
0:45-1:00



13 Saw  
0:45-1:00



14 Neck Roll  
0:30-1:00



15 Single Leg Kick  
0:30-1:00



16 Double Leg Kick  
0:30-1:00



17 Neck Pull  
0:30-1:00



18 Side Kicks Series  
0:30-1:00



19 Heaver Series  
0:30-1:00



20 Seal  
0:30-1:00

# Advanced Pilates For Beginners Explained For Creators 2192

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