

# 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  
(0:15-0:25)



3 Single Leg Circles  
(0:25-0:35)



4 Rolling Like a Ball  
(0:35-0:45)



5 Single Leg Stretch  
(0:45-0:55)



6 Double Leg Stretch  
(0:55-1:05)



7 Single Straight Leg Stretch  
(1:05-1:15)



8 Double Straight Leg Stretch  
(1:15-1:25)



9 Knee-Cross  
(1:25-1:35)



10 Spine Stretch Forward  
(1:35-1:45)



11 Open Leg Stretch  
(1:45-1:55)



12 Calf Stretch  
(1:55-2:05)



13 Toe  
(2:05-2:15)



14 Neck Roll  
(2:15-2:25)



15 Single Leg Kick  
(2:25-2:35)



16 Double Leg Kick  
(2:35-2:45)



17 Neck Pull  
(2:45-2:55)



18 Side Kick Series  
(2:55-3:05)



19 Heaver Series  
(3:05-3:15)



20 Seal  
(3:15-3:25)

# Easy Pilates For Beginners For Students

**BM King**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, overlaid on a red-to-white gradient circular shape.

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**Basic Pilates**  
Susanne Barry, 2004 Pumping iron Packed with simple clearly explained exercises for the abdominals upper and lower body advice on doing repetitions with free weights and how to use weight machines and stretch bands this basic guide will show that weight training can tone strengthen and perfect any body shape Yoga This is the first step for anyone wanting to take up yoga Basic explanations of key terms breathing techniques meditations core postures warm ups and cool downs this is the perfect Yoga handbook for those interested in embarking on a fitness programme in this increasingly popular form of exercise Pilates Pilates is a fusion of western and eastern philosophies of fitness building on the basic principles of yoga and adding intense muscle and flexibility training Starting with key terms and basic principles this complete handbook then expertly guides you through exercises for better posture improved strength and treatment of injuries exercises involving small controlled movements of the stomach and transverse muscles can when carried out properly relieve back pain improve posture and flatten stomachs It also includes advice and pointers on using the central piece of equipment in gym ball fitness the Power Ball

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