

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
0:00:15



4 Rolling Like a Ball
0:00:10

5 Single Leg Stretch
0:00:15

6 Double Leg Stretch
0:00:15



7 Single Straight Leg Stretch
0:00:15

8 Double Straight Leg Stretch
0:00:15

9 One-Down
0:00:15



10 Spine Stretch Forward
0:00:15

11 Open Leg Rocker
0:00:15

12 Cat/Cow
0:00:15



13 Low
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 Kick Series
0:00:15



19 Tracer Series
0:00:15

20 Seal
0:00:15

What Is Pilates For Beginners For Students

Albert A Gayle



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