

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
(0:00-0:30)

2 Roll Up
(0:30-0:45)

3 Single Leg Circles
(0:45-1:00)



4 Rolling Like a Ball
(1:00-1:15)

5 Single Leg Stretch
(1:15-1:30)

6 Double Leg Stretch
(1:30-1:45)



7 Single Straight Leg Stretch
(1:45-2:00)

8 Double Straight Leg Stretch
(2:00-2:15)

9 One-Eyes
(2:15-2:30)



10 Spine Stretch Forward
(2:30-2:45)



11 Open Leg Rocker
(2:45-3:00)



12 Corkscrew
(3:00-3:15)



13 Saw
(3:15-3:30)



14 Neck Roll
(3:30-3:45)



15 Single Leg Kick
(3:45-4:00)



16 Double Leg Kick
(4:00-4:15)



17 Neck Pull
(4:15-4:30)



18 Side Kicks Series
(4:30-4:45)



19 Heaver Series
(4:45-5:00)



20 Seal
(5:00-5:15)

Top Pilates For Beginners Explained

Lee Tang

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle behind it.

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