

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
(1:00-1:30)



5 Single Leg Stretch
(1:30-1:45)



6 Double Leg Stretch
(1:45-2:00)



7 Single Straight Leg Stretch
(2:00-2:15)



8 Double Straight Leg Stretch
(2:15-2:30)



9 Chest-Dress
(2:30-2:45)



10 Spine Stretch Forward
(2:45-3:00)



11 Open Leg Rocker
(3:00-3:15)



12 Corkscrew
(3:15-3:30)



13 Toe Touch
(3:30-3:45)



14 Back Roll
(3:45-4:00)



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



16 Double Leg Kick
(4:15-4:30)



17 Neck Pull
(4:30-4:45)



18 Side Kicks Series
(4:45-5:00)



19 Heaven Series
(5:00-5:15)



20 Foot
(5:15-5:30)

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JE Gale



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Pilates for Beginners Karter Sarah,2021-10-14 No matter your fitness level whether you re in great shape or have never set foot in a gym learning to do Pilates means going back to the basics Teaching you core Pilates exercises and easy sequences Pilates for Beginners is the ultimate starter guide to confidently practice Pilates at home From your first time on the mat to finishing a complete sequence Pilates for Beginners develops your Pilates regimen with a progressive easy to follow program Complete with clear instructions and tips to do the exercises right Pilates for Beginners is your go to reference to keep your body supple and mobile and add more life to your years Pilates is a source of lifelong energy strength and flexibility for both your mind and body Start building your practice and feel the difference with step by step guidance and exercises from Pilates for Beginners

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