

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
(0:45-0:55)



4 Rolling Like a Ball
(0:55-1:05)



5 Single Leg Stretch
(1:05-1:15)



6 Double Leg Stretch
(1:15-1:25)



7 Single Straight Leg Stretch
(1:25-1:35)



8 Double Straight Leg Stretch
(1:35-1:45)



9 Draw-Knees
(1:45-1:55)



10 Spine Stretch Forward
(1:55-2:05)



11 Open Leg Rocker
(2:05-2:15)



12 Corkscrew
(2:15-2:30)



13 Toe Touch
(2:30-2:40)



14 Back Roll
(2:40-2:50)



15 Single Leg Kick
(2:50-3:00)



16 Double Leg Kick
(3:00-3:10)



17 Neck Pull
(3:10-3:20)



18 Side Kicks Series
(3:20-3:30)



19 Heaven Series
(3:30-3:40)



20 Foot
(3:40-3:50)

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M Walker



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correspondent for ABC National News She is a frequent contributor to Shape Self and Fitness magazines About the Author of Ten Minute Tone Ups For Dummies Mini Edition Cyndi Targosz is a certified lifestyle fitness expert and President and founder of STARGLOW Production Inc She is also a motivational speaker who has appeared on numerous radio and TV shows

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