

# 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 Knee-Draw  
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 Kicks Series  
0:00:15



19 Heaver Series  
0:00:15



20 Seal  
0:00:15

# Easy Pilates For Beginners Step Plan

**Jessica J Manson**



## **Easy Pilates For Beginners Step Plan:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Tender Moments: **Easy Pilates For Beginners Step Plan** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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