

# 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  
02:00-03



2 Roll-Up  
03:00-05



3 Single Leg Circles  
03:00-03



4 Rolling Like a Ball  
03:00-03



5 Single Leg Stretch  
03:00-03



6 Double Leg Stretch  
03:00-03



7 Single Straight Leg Stretch  
03:00-03



8 Double Straight Leg Stretch  
03:00-03



9 Knee-Draw  
03:00-03



10 Spine Stretch Forward  
03:00-03



11 Open Leg Rocker  
03:00-03



12 Corkscrew  
03:00-03



13 Saw  
03:00-03



14 Neck Roll  
03:00-03



15 Single Leg Kick  
03:00-03



16 Double Leg Kick  
03:00-03



17 Neck Pull  
03:00-03



18 Side Kicks Series  
03:00-03



19 Tracer Series  
03:00-03



20 Seal  
03:00-03

# How To Use Pilates For Beginners Ideas For Students

**Annelies Wilder-Smith**



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