

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
0:00-0:10

2 Roll Up
0:10-0:15

3 Single Leg Circles
0:15-0:20



4 Rolling Like a Ball
0:20-0:25

5 Single Leg Stretch
0:25-0:30

6 Double Leg Stretch
0:30-0:35



7 Single Straight Leg Stretch
0:35-0:40

8 Double Straight Leg Stretch
0:40-0:45

9 One-Down
0:45-0:50



10 Spine Stretch Forward
0:50-0:55



11 Open Leg Rocker
0:55-1:00



12 Corkscrew
1:00-1:05



13 Saw
1:05-1:10



14 Neck Roll
1:10-1:15



15 Single Leg Kick
1:15-1:20



16 Double Leg Kick
1:20-1:25



17 Neck Pull
1:25-1:30



18 Side Kicks Series
1:30-1:35



19 Tractor Series
1:35-1:40



20 Seal
1:40-1:45

How To Use Pilates For Beginners Ideas For Students

M Lipman



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