

# 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  
02:00-03:00



2 Roll-Up  
02:00-03:00



3 Single Leg Circles  
02:00-03:00



4 Rolling Like a Ball  
02:00-03:00



5 Single Leg Stretch  
02:00-03:00



6 Double Leg Stretch  
02:00-03:00



7 Single Straight Leg Stretch  
02:00-03:00



8 Double Straight Leg Stretch  
02:00-03:00



9 Knee-Draw  
02:00-03:00



10 Spine Stretch Forward  
02:00-03:00



11 Open Leg Rocker  
02:00-03:00



12 Cat/Cow  
02:00-03:00



13 Saw  
02:00-03:00



14 Neck Roll  
02:00-03:00



15 Single Leg Kick  
02:00-03:00



16 Double Leg Kick  
02:00-03:00



17 Neck Pull  
02:00-03:00



18 Side Kicks Series  
02:00-03:00



19 Trunk Series  
02:00-03:00



20 Seal  
02:00-03:00

# Easy Pilates For Beginners For Students

**PT Brinkman**



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