

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
0:45-1:00



2 Roll-Up
0:30-1:15



3 Single Leg Circles
0:30-1:00



4 Rolling Like a Ball
0:30-1:00



5 Single Leg Stretch
0:30-1:15



6 Double Leg Stretch
0:30-1:00



7 Single Straight Leg Stretch
0:30-1:00



8 Double Straight Leg Stretch
0:30-1:00



9 Knee-Draw
0:30-1:00



10 Spine Stretch Forward
0:30-1:00



11 Open Leg Rocker
0:30-1:00



12 Cat/Cow
0:30-1:00



13 Saw
0:30-1:00



14 Neck Roll
0:30-1:00



15 Single Leg Kick
0:30-1:00



16 Double Leg Kick
0:30-1:00



17 Neck Pull
0:30-1:00



18 Side Kicks Series
0:30-1:00



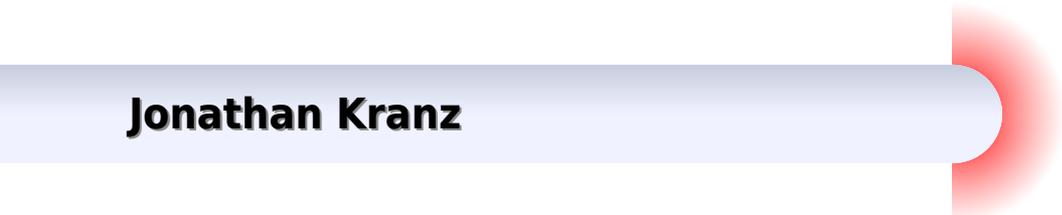
19 Heaver Series
0:30-1:00



20 Seal
0:30-1:00

Advanced Pilates For Beginners Explained For Experts

Jonathan Kranz



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