

# 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  
0:45-1:00

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 One-Down  
0:30-1:00



10 Spine Stretch Forward  
0:30-1:00



11 Open Leg Rocker  
0:30-1:00



12 Corkscrew  
0:45-1:00



13 Saw  
0:45-1:00



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 Tractor Series  
0:30-1:00



20 Seal  
0:30-1:00

# Affordable Pilates For Beginners Ideas For Experts

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