

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 One-Down
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 Low
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 Kick Series
02:00-03:00



19 Tracer Series
02:00-03:00



20 Seal
02:00-03:00

Pro Pilates For Beginners Ideas For Experts

S Marginson



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