

# 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  
0:00:10



2 Roll Up  
0:00:15



3 Single Leg Circles  
0:00:10



4 Rolling Like a Ball  
0:00:10



5 Single Leg Stretch  
0:00:15



6 Double Leg Stretch  
0:00:10



7 Single Straight Leg Stretch  
0:00:10



8 Double Straight Leg Stretch  
0:00:10



9 One-Down  
0:00:10



10 Spine Stretch Forward  
0:00:10



11 Open Leg Rocker  
0:00:10



12 Corkscrew  
0:00:10



13 Low  
0:00:10



14 Neck Roll  
0:00:10



15 Single Leg Kick  
0:00:10



16 Double Leg Kick  
0:00:10



17 Neck Pull  
0:00:10



18 Side Kicks Series  
0:00:10



19 Tracer Series  
0:00:10



20 Seal  
0:00:10

# Advanced Pilates For Beginners Ideas

**Ensheng Dong**



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