

# 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  
03:00-04:00



3 Single Leg Circles  
04:00-05:00



4 Rolling Like a Ball  
05:00-06:00



5 Single Leg Stretch  
06:00-07:00



6 Double Leg Stretch  
07:00-08:00



7 Single Straight Leg Stretch  
08:00-09:00



8 Double Straight Leg Stretch  
09:00-10:00



9 Knee-Cross  
10:00-11:00



10 Spine Stretch Forward  
11:00-12:00



11 Open Leg Worker  
12:00-13:00



12 Corkscrew  
13:00-14:00



13 Saw  
14:00-15:00



14 Neck Roll  
15:00-16:00



15 Single Leg Kick  
16:00-17:00



16 Double Leg Kick  
17:00-18:00



17 Neck Pull  
18:00-19:00



18 Side Kicks Series  
19:00-20:00



19 Tractor Series  
20:00-21:00



20 Seal  
21:00-22:00

# Simple Pilates For Beginners Guide For Students

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