

# 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  
(0:00-0:10)

2 Roll Up  
(0:10-0:15)

3 Single Leg Circles  
(0:15-0:20)



4 Rolling Like a Ball  
(0:20-0:25)

5 Single Leg Stretch  
(0:25-0:30)

6 Double Leg Stretch  
(0:30-0:35)



7 Single Straight Leg Stretch  
(0:35-0:40)

8 Double Straight Leg Stretch  
(0:40-0:45)

9 One-Down  
(0:45-0:50)



10 Spine Stretch Forward  
(0:50-0:55)



11 Open Leg Rocker  
(0:55-1:00)



12 Cat/Cow  
(1:00-1:05)



13 Low  
(1:05-1:10)



14 Neck Roll  
(1:10-1:15)



15 Single Leg Kick  
(1:15-1:20)



16 Double Leg Kick  
(1:20-1:25)



17 Neck Pull  
(1:25-1:30)



18 Side Kicks Series  
(1:30-1:35)



19 Tracer Series  
(1:35-1:40)



20 Seal  
(1:40-1:45)

# Advanced Pilates For Beginners Guide 38260 76924

**Michael Rajnik**



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