

# 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



2 Roll-Up  
03:00-05



3 Single Leg Circles  
03:00-03



4 Rolling Like a Ball  
03:00-03



5 Single Leg Stretch  
03:00-03



6 Double Leg Stretch  
03:00-03



7 Single Straight Leg Stretch  
03:00-03



8 Double Straight Leg Stretch  
03:00-03



9 One-Up, One-Down  
03:00-03



10 Spine Stretch Forward  
03:00-03



11 Open Leg Rocker  
03:00-03



12 Cat/Cow  
03:00-03



13 Saw  
03:00-03



14 Neck Roll  
03:00-03



15 Single Leg Kick  
03:00-03



16 Double Leg Kick  
03:00-03



17 Neck Pull  
03:00-03



18 Side Kicks Series  
03:00-03



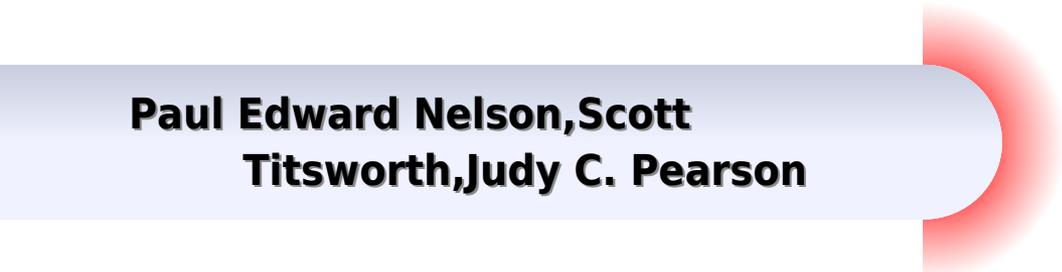
19 Tracer Series  
03:00-03



20 Seal  
03:00-03

# How To Use Pilates For Beginners Ideas For Students

**Paul Edward Nelson, Scott  
Titsworth, Judy C. Pearson**



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**Principles and Methods of Adapted Physical Education** Kristi Roth,Melissa Bittner,Elizabeth Foster,Jean Pyfer,Laurie Zittel,2025-09-22 Principles and Methods of Adapted Physical Education 13th Edition is an evidence based pedagogically focused resource with practical information and resources to prepare educators to deliver effective legally sound and evidence based adapted physical education services It incorporates the Adapted Physical Education National Standards      **Voice Work** Christina Shewell,Rockford Sansom,2025-02-25 Voice Work Second Edition The voice is one of

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**Body and Soul** Sara Martin,1989

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**Public Speaking** Paul Edward Nelson,Scott Titsworth,Judy C. Pearson,2006 This is a new brief economical text that stresses the importance of public communication in contemporary life Through its numerous examples and excellent companion collection of sample speeches the book and its media program integrate vital themes of our time and invite students to make the connection between their basic public speaking class and such important issues as ethics religious identity diversity health medicine education and the environment

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