

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
(0:40-1:00)

2 Roll Up
(0:30-1:00)

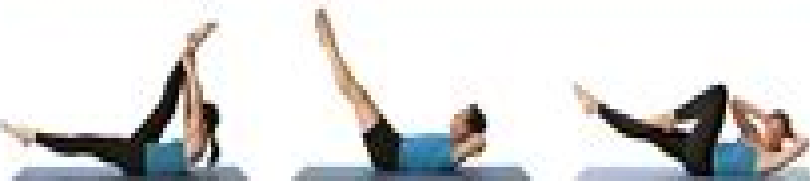
3 Single Leg Circles
(0:30-1:00)



4 Rolling Like a Ball
(0:40-1:00)

5 Single Leg Stretch
(0:30-1:00)

6 Double Leg Stretch
(0:30-1:00)



7 Single Straight Leg Stretch
(0:30-1:00)

8 Double Straight Leg Stretch
(0:30-1:00)

9 Knee-Cross
(0:30-1:00)



10 Spine Stretch Forward
(0:30-1:00)

11 Open Leg Marker
(0:30-1:00)

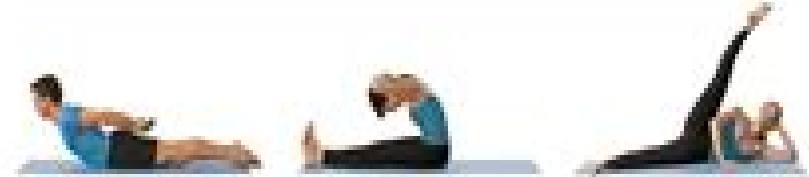
12 Cat/Cow
(0:40-1:00)



13 Low
(0:40-1:00)

14 Neck Roll
(0:30-1:00)

15 Single Leg Kick
(0:30-1:00)



16 Double Leg Kick
(0:30-1:00)

17 Neck Pull
(0:30-1:00)

18 Side Kicks Series
(0:30-1:00)



19 Trunk Series
(0:30-1:00)

20 Seal
(0:30-1:00)

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N Colangelo



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