

MICHAEL MILLER PILATES

LADDER BARREL EXERCISES

BASIC	INTERMEDIATE
Horse Back	Horse Back
Short Box	Short Box
Curl	Curl
Flat	Flat
Tilt	Tilt
Twist	Twist
	Tree
	The Reach (bridge stretch)
	Side Sit Up
Ballet Torso	Ballet Torso
Ballet Legs	Ballet Legs
Front (Parallel)	Front (Parallel)
Front (Turn Out)	Front (Turn Out)
Side	Side
Back	Back
Slide	Frog
	Overhead Legs
	Walking
	Small Circles
	Beats
	Arcs
	Circles (roll over)
	Scissors
	Shoulder Bridge
	Helicopter
	Splits
	Bicycling
	Low Bridge 1
Rolling In/Out	Rolling In/Out
Corkscrew	Corkscrew
	The Swan 2
	Swan Dive
	Grasshopper
	Swimming
	Back Bend
	Hanging Back
Hanging Front	Hanging Front