

MICHAEL MILLER PILATES

BASIC TO INTERMEDIATE SMALL BARREL

BASIC	INTERMEDIATE
Metal Circle Squeeze	Metal Circle Squeeze
Short Box Strap	Short Box Strap
Spine Stretch Forward	Spine Stretch Forward
Reach/Over Head	Reach/Over Head
Breathing with Bar	Breathing with Bar
Arm Circle Series	Arm Circle Series
Full Circles	Full Circles
Flys	Flys
	Semaphore (windmills)
Little Circles	Little Circles
	Metal Circle Leg Series (90 degrees)
Over Head Legs	Over Head Legs
Walking	Walking
Little Circles	Little Circles
Beats	Beats
Spokes/Arcs	Arcs
Full Circles	Full Circles
Scissors	Scissors
	Frogs
Shoulder Bridge	Shoulder Bridge
Dips	Figure 8's
Splits	Splits
Bicycling	Bicycling
Rolling In/Out	Rolling In/Out
Corkscrew	Corkscrew
	Swan
	Grasshopper
	Swimming
Coccyx Curl	Coccyx Curl
Rest	Rest