

MICHAEL MILLER PILATES

LADDER BARREL EXERCISES

BASIC	INTERMEDIATE	ADVANCED
Horse Back	Horse Back	Horse Back (classic form)
Short Box	Short Box	Short Box
Curl	Curl	Curl
Flat	Flat	Flat
Tilt	Tilt	Tilt
Twist	Twist	Twist
	Tree	Tree
	The Reach (bridge stretch)	The Reach (bridge stretch)
	Side Sit Up	Side Sit Up
		Single Leg
Ballet Torso	Ballet Torso	Ballet Torso
Ballet Legs	Ballet Legs	Ballet Legs
Front (Parallel)	Front (Parallel)	Front (Parallel)
Front (Turn Out)	Front (Turn Out)	Front (Turn Out)
Side	Side	Side
Back	Back	Back
Slide	Frog	Lift
	Overhead Legs	Overhead Legs
	Walking	Walking
	Small Circles	Small Circles
	Beats	Beats
	Arcs	Arcs
	Circles (roll over)	Circles (roll over)
	Scissors	Scissors
	Shoulder Bridge	Shoulder Bridge
	Helicopter	Helicopter
	Splits	Splits
	Bicycling	Bicycling
	Low Bridge 1	Low Bridge 1
Rolling In/Out	Rolling In/Out	Rolling In/Out
Corkscrew	Corkscrew	Corkscrew
	The Swan 2	The Swan 2
	Swan Dive	Swan Dive
	Grasshopper	Grasshopper
		Handstand 6
		Jumping Stomach 7
	Swimming	Swimming
	Back Bend	Back Bend
		Walk Over *
	Hanging Back	Hanging Back
Hanging Front	Hanging Front	Hanging Front