

# MICHAEL MILLER PILATES

## BASIC TO ADVANCED SMALL BARREL

BASIC	INTERMEDIATE	ADVANCED
Metal Circle Squeeze	Metal Circle Squeeze	Metal Circle Squeeze
Short Box Strap	Short Box Strap	Short Box Strap
Spine Stretch Forward	Spine Stretch Forward	Spine Stretch Forward
Reach/Over Head	Reach/Over Head	Reach/Over Head
Breathing with Bar	Breathing with Bar	Breathing with Bar
Arm Circle Series	Arm Circle Series	Arm Circle Series
Full Circles	Full Circles	Full Circles
Flys	Flys	Flys
	Semaphore (windmills)	Semaphore
Little Circles	Little Circles	Little Circles
		Tricep Reach
		Diamond Arms
	Metal Circle Leg Series (90°)	Metal Circle Leg Series (45°)
Over Head Legs	Over Head Legs	Over Head Legs
Walking	Walking	Walking
Little Circles	Little Circles	Little Circles
Beats	Beats	Beats
Spokes/Arcs	Arcs	Arcs
Full Circles	Full Circles	Full Circles
Scissors	Scissors	Scissors
	Frogs	Frogs
Shoulder Bridge	Shoulder Bridge	Shoulder Bridge
Dips	Figure 8's	Helicopter
Splits	Splits	Splits
Bicycling	Bicycling	Bicycling
Rolling In/Out	Rolling In/Out	Rolling In/Out
Corkscrew	Corkscrew	Corkscrew
	Swan	Swan
	Grasshopper	Grasshopper
	Swimming	Swimming
Coccyx Curl	Coccyx Curl	Coccyx Curl
Rest	Rest	Rest