

LADDER BARREL 2024

- Forward Abdominal Roll Back;
- Swan with Rotation;
- Pike Stretch;
- Running;
- Rotisserie Chicken;
- Modified Teaser on Top;
- Iron Cross;
- Mermaid;
- Side Leg Series;
- Star;
- Standing Stretch.

Forward Abdominal Roll Back

Set-Up & Springs

Sit on ladder barrel with sacrum on barrel, knees bent with heels on bottom rung

Repetitions

4 – 8 times



Contract to round forward, pulse.



Round over barrel, arms go back, pointing toes and stretching legs through bar.



Circle arms around, contracting abdominals to roll to sitting, return feet to flex on bar.



Swan with Rotation



Stand with feet against wood or block.
Round torso over barrel with arms around ears.

Lift one arm and torso. Repeat other arm.



Lift both arms and torso.

Place one hand behind your head.



Lift torso and arm.
Twist to extended arm.

Twist center.
Stretch over barrel.





Place both arms behind head.
Lift torso.
Twist side to side.
Stretch torso over barrel.



Lift torso.
Extend one arm; twist torso and stretch arm to ladder.
Lift arm.
Twist center.
Place arm behind head and repeat other side.





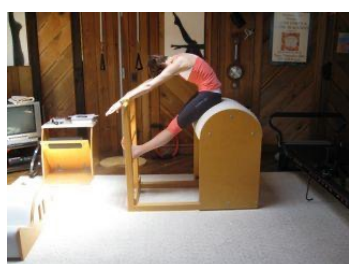
Stretch over barrel.
Bring arms around ears.
Lift torso.
Stretch to extension.

Circle arms around and down stretching torso
over barrel.

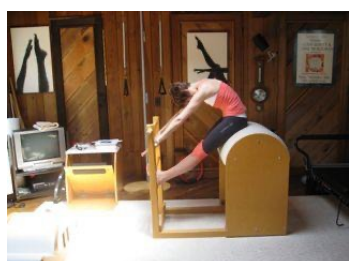
Pike Stretch



Sit on barrel with feet on bottom rung on heels. Straight legs.

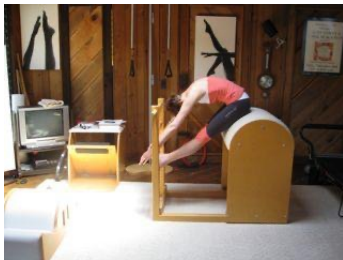


Contract Abs and round torso forward stretching arms over top
rung.
Contract pulling torso back.



Stretch arms and torso forward to next rung.
Continue through each rung until hands are at feet.





Reverse and climb hands up to top rung.

Running



Place toes on rung.
Place hands on rung above feet.
Run in place.

Rotisserie Chicken



Slide torso down.
Cross one leg over the other with one foot on higher rung and one foot on lower rung.
Place hands behind head.
Stretch legs to side of body.



Contract up. Lower.
Sweep to side.



Center other center.
Sweep to knees.



Contract up.
Rotate torso.

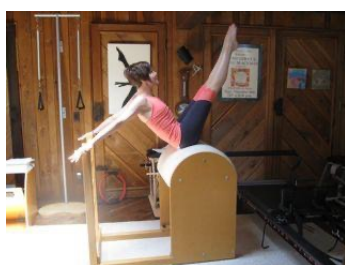


Twist back to center.
Repeat other side.

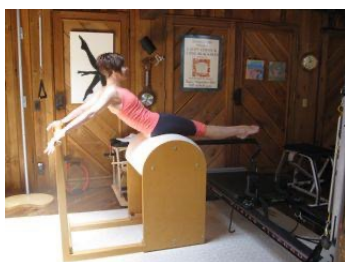
Modified Teaser on Top



Sit on top of barrel facing away from ladder.
Place both hands on ladder.
Bend knees to chest.

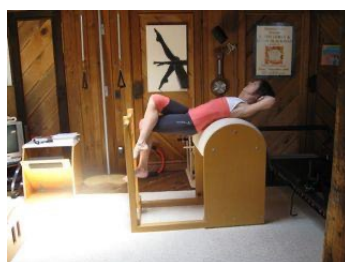


Extend legs to ceiling.
Bend to chest.

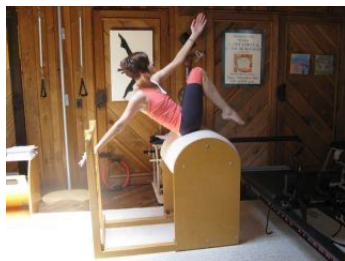


Extend to floor.
Bend to chest.

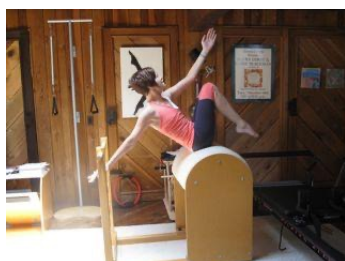
Iron Cross



Sit on top of barrel facing away from ladder.
Place one hand on ladder.
Bend knees to chest.



Extend legs to ceiling.
Bend to chest.

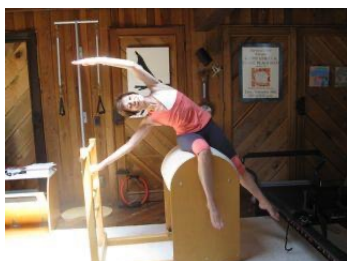


Extend to floor turning torso side
and extending arm to ceiling.
Bend to chest

Mermaid



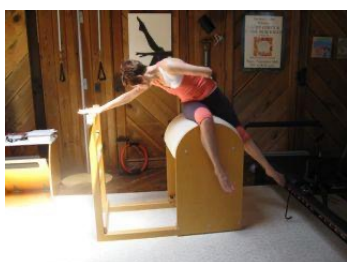
Sit on top of barrel facing away from ladder.
Place both hands on ladder.
Bend knees to chest.



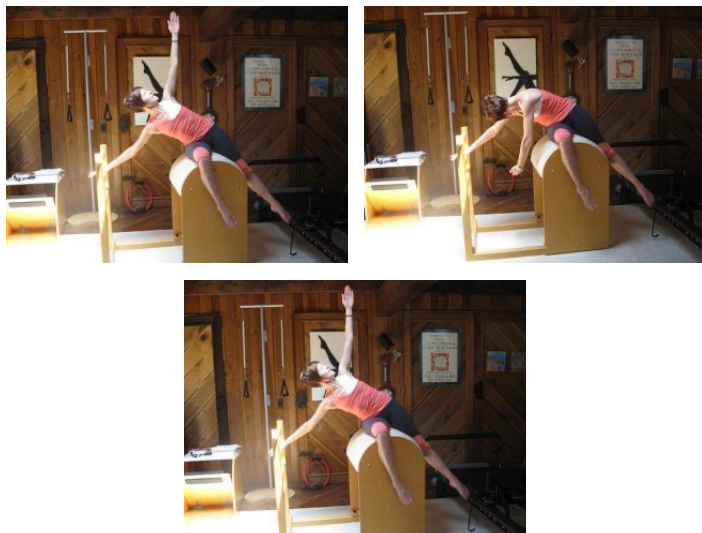
Place hand on rung. Stretch torso
and arm to rung.
Lift center and stretch to foot.



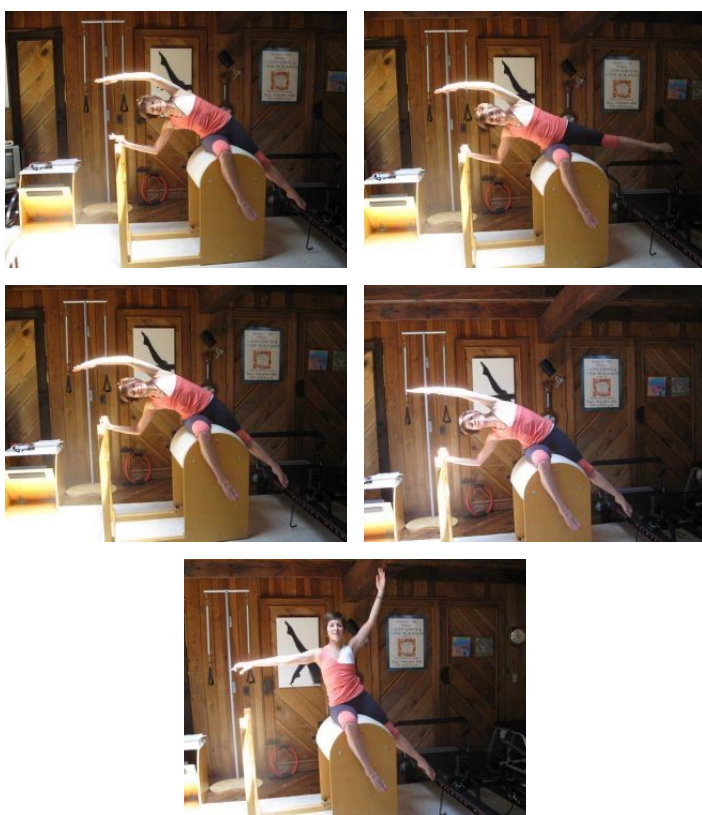
Stretch to rung.
Lift and lower leg



Place one arm behind back.
Level shoulders. Push up.



Extend arm to ceiling.
Rotate torso toward floor and
thread the needle. Rotate to
ceiling.

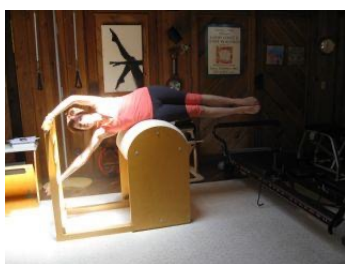


Stretch over rung.
Lift leg.

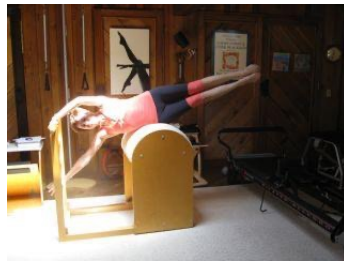
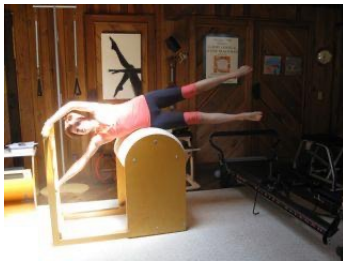
Lower leg.
Stretch further.

Lift up to sitting lifting arm off
rung.

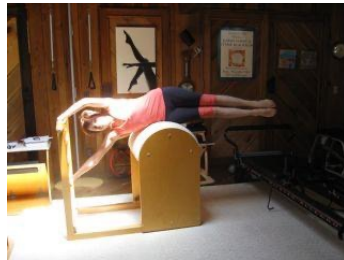
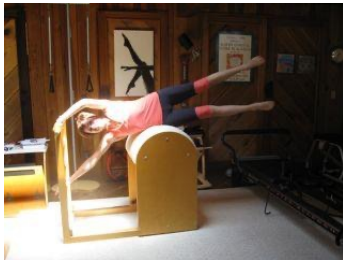
Side Leg Series



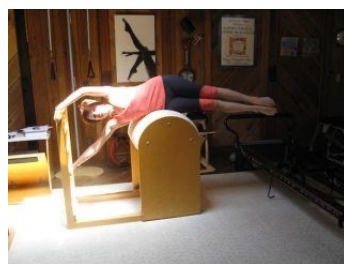
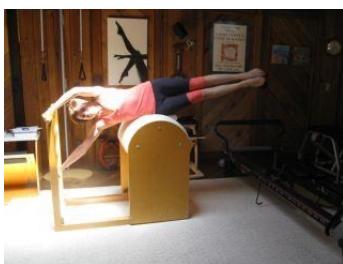
Lie on side on barrel with arms on rungs.



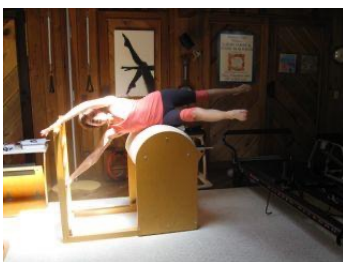
Lift one leg. Lift leg.



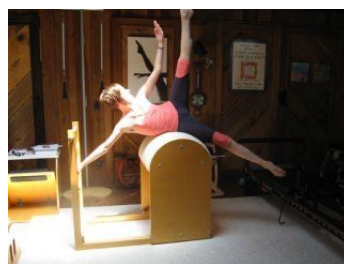
Lower bottom leg.
Lower top leg.



Lift and lower both legs.

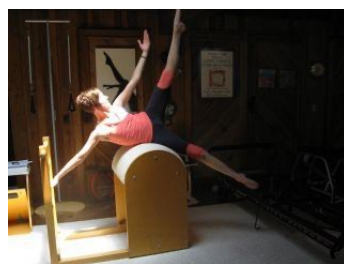


Large scissors.



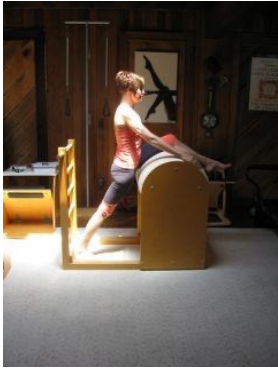
Bend top leg extend to ceiling.
Lower.

Star

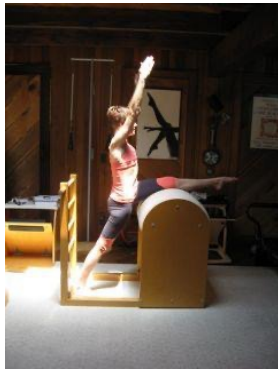
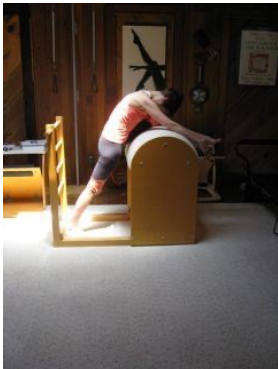


Bend top leg extend to ceiling.
Lower.

Standing Stretch



Stand with one foot at wood.
Place other leg over barrel with knee bent.



Round over barrel.
Round up straightening leg and back, lifting
arms overhead.



Place hands behind back on rungs and lift and
lower heel.



Stretch back straightening leg.
Stretch torso over leg.

Round up.

