

## Classical Ladder Barrel Exercises

### Basic Exercises:

Ballet/Leg Stretches - Front (using ladder)

Ballet/Leg Stretches - Front

Ballet/Leg Stretches - Front with Bent Leg

Ballet/Leg Stretches - Side

Ballet/Leg Stretches - Side with Bent Leg

Ballet/Leg Stretches - Back

Ballet/Leg Stretches - Back with Bent Leg

### Intermediate Exercises:

Swan

Horseback

Backbend (standing outside barrel)

Side Stretch

### Short Box:

- Round Back
- Flat Back
- Side to Side
- Twist
- Around the World (Advanced)
- Tree
- Back Walkover (Advanced)

Side Sit Ups

### Advanced Exercises:

Handstand

Jumping Off the Stomach