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