

Classical Small Barrel Exercises

Arm Series

- Circles

Leg Series

- Circles
- Scissors
- Walking
- Bicycle
- Beats
- Rolling In and Out

Jay Grimes Often-Used Small Barrel Exercises:

Arm Series

- Circles
- One Arm Up/Down
- Hug
- Stretch with Bar

Leg Series

- Circles
- Small Circles
- Walking
- Beats
- Scissors
- Bicycle
- Frog to V
- Helicopter
- Rolling In and Out
- Swan
- Rocking