

THE BALANCED BODY® LADDER BARREL

The Ladder Barrel is used to increase the strength and flexibility of the spine in flexion, extension and lateral flexion. It is used in conjunction with the Reformer, Trapeze Table and Chair for a complete workout.

THE ANATOMY OF THE LADDER BARREL

The Ladder Barrel consists of a rounded surface called the barrel and a pair of wooden uprights tied together with cross pieces called the ladder. The distance between the barrel and the ladder can be adjusted to accommodate clients of different heights.

Our older ladder barrels adjust by loosening the four knobs on the rails underneath the barrel, sliding the barrel to the new position and tightening the knobs. The knobs don't need to be too tight to hold the barrel in place.

Our latest ladder barrels can adjust the distance between barrel and ladder with your foot, by pressing an easy-to-use adjustment pedal and then using the handles on the barrel to guide the apparatus into one of 10 fixed positions.

Both also have optional foot plates for standing between the rails or against the uprights.



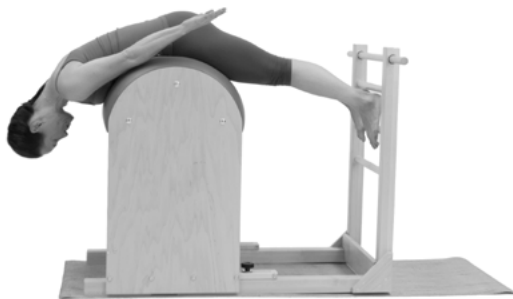
The distance between the ladder & the barrel is adjustable.

SAMPLE EXERCISES

SWAN DIVE: INTERMEDIATE • 3-5 REPS

Starting Position

Press the feet against the lowest or second lowest rung of the Ladder Barrel in a slight turn out and lean prone over the barrel. The apex of the barrel should be at the top of the thigh. For taller clients, place the legs lower on the ladder or bend the knees.



Starting position. Lie over the barrel with the arms reaching behind, palms up.



Extend the the whole back body and reach the arms overhead. Bend the knees to increase the range.

Precautions

Back problems: Be careful with clients who don't tolerate extension or rotation or avoid.

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DOUBLE LEG LIFTS:
ADVANCED • 3-5 REPS

Starting Position

Lie prone on the barrel with the apex of the barrel at the center of the hips and the hands on the low rung of the ladder with the elbows bent.



Engage the abdominals, turn the legs out slightly and lift both legs up toward the ceiling.



Lower the legs back down.

SHORT BOX ABDOMINAL SERIES: INTERMEDIATE •
4-6 REPS

Starting Positions

Sit just below the apex of the barrel with the feet on the ladder. Alternative positions include sitting lower on the barrel with the shins against the ladder.



Starting position. Sit on the barrel with the feet on the ladder and the arms in front of the chest.



Roll back keeping the arms in line with the shoulders and the abdominals engaged.



Lift and lower the bar up.

HAMSTRING STRETCH

Starting Position

Stand in the well of the Ladder Barrel facing the barrel. Lift one leg up onto the top of the barrel in parallel. Stand with the back against the ladder with the hips level. Stand on a pad or small box if necessary to keep the hips level.



Lean forward over the leg with a round back or keep the back flat and flex the hips for a stronger stretch. Turn the leg out to change the angle of the stretch.

Hold for 30 to 45 seconds or longer while breathing deeply into the stretch.

ADDUCTOR AND HAMSTRING STRETCH

Starting Position

Starting from the Hamstring stretch position, rotate the body to face sideways keeping the leg on the Ladder Barrel. Keep the hips level with the leg turned out. Stand on a pad or small box if necessary to keep the hips level.



Laterally flex the torso to stretch the leg.

QUADRICEPS STRETCH

Starting Position

Stand in the well of the Ladder Barrel, facing the ladder.



Place the top of one foot on the barrel

Keep the knee reaching toward the floor and lean into the foot to stretch the quadriceps. Squeeze the glutes and engage the abdominals to increase the stretch.

Keep the hips level and use the ladder to support the torso.

LATERAL HIP/TENSOR FASCIA LATA STRETCH

Starting Position

Stand on the frame under the ladder facing sideways with the top leg in back and the bottom leg in front. Anchor the back heel, aim the hips directly sideways and press the hip into the barrel.

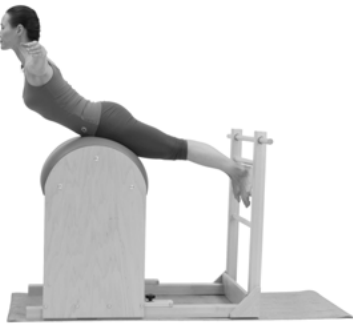


Lean sideways over the barrel maintaining abdominal support and alignment to stretch the side of the hip. Support the stretch with the hand on the barrel.

SWAN

Starting Position

Press the feet against the lowest or second lowest rung of the Ladder Barrel in a slight turn out and lean prone over the barrel. The apex of the barrel should be at the top of the thigh. For taller clients, place the legs lower on the ladder or bend the knees.



Inhale: Lean over the barrel.
Exhale: Engage the abdominals, engage the hamstrings and gluteals and extend the back.



To increase the range of motion in the back extension, bend the knees as you rise up off the barrel only as far as you are comfortable.



Arms can reach out to the side or overhead

QUESTIONS?

Please call Balanced Body Technical Support at 1-800-PILATES (U.S.) or +1-916-388-2838 (International).

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