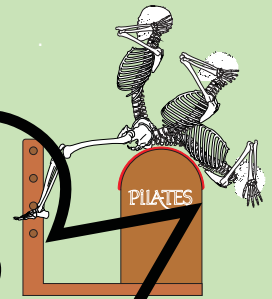


PILATES

Ladder Barrel

Der Ladder Barrel hat ebenso wie der Half Barrel eine runde Auflage, aber dadurch, dass die Leiter ermöglicht, mit Händen oder Füßen zu stabilisieren, ist eine überaus weite Skala von Anwendungen möglich. Die zusätzliche Höhe bringt verstärkte **Beuge-** und auch **Streck (Über-) Streck- und Drehbewegungen** ins Programm. Das Spiel mit Gleichgewicht und Gravitation fordert erhöhte Konzentration und Präzision der Bewegungen. Die Rundung des Ladder Barrel ist ein hervorragendes Mittel um ganz speziell alle Anteile der **WIRBELSÄULE** differenziert und in allen Bereichen flexibel zu trainieren.



The grid contains 24 numbered illustrations of Pilates exercises on the Ladder Barrel:

- 1. Side plank with one leg raised and foot on the barrel.
- 2. Side plank with one hand on the barrel and the other on the hip.
- 3. Side plank with both hands on the barrel.
- 4. Side plank with one hand on the barrel and the other on the floor.
- 5. Side plank with one hand on the barrel and the other on the floor, legs extended.
- 6. Side plank with one hand on the barrel and the other on the hip, legs bent.
- 7. Side plank with one hand on the barrel and the other on the floor, legs bent.
- 8. Side plank with one hand on the barrel and the other on the floor, legs bent, torso rotated.
- 9. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 10. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 11. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 12. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 13. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 14. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 15. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 16. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 17. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 18. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 19. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 20. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 21. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 22. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 23. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.
- 24. Side plank with one hand on the barrel and the other on the floor, legs extended, torso rotated.

