Barrel Exercises for Assessment

SPINE CORRECTOR

Arm Series _____
- Circles _____
- One Arm Up/Down _____
- Hug _____

Stretch with the Bar _____

Leg Series _____
- Circles _____
- Small Circles _____
- Walking _____
- Thigh Beats _____
- Scissors _____
- Bicycle _____

Jay's Exercise _____

Helicopter _____

Leg Circles on the Head _____

Shoulder Bridge _____

Hip Twist _____

Rolling In and Out _____

Teaser _____

Hip Circles _____

Swan _____

Swimmig _____

Rocking _____

Grashopper _____

HIGH BARREL

Leg Stretch (Swedish Bar) _____

Leg Stretches _____

Swan _____

Short Box _____

Side Sit Ups _____

Backbend _____

Horseback _____

Side Stretch _____

PEDIPOLE

Chest Expansion _____

Arm Circles _____

Centering _____

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