



## **Ace High: Bet it on the Barrel**

With Jolie Becker

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*Note: Some Spine Corrector set ups are different, they will be listed below.*

Fundamentals-on back, legs over barrel

**Imprinting**

**Iso Abs**

**Clocks**

**Leg Slide**

**Knee Folds**

**Knee Spreads**-knees bent, heels on barrel

**Knee Sways-**

**Ab Activator 1-** knees bent, palms on front side above the knee. Press knees in toward hands, and vice versa deepening the abdominals.

*\*Set Up Change: Sitting face away from Barrel- Knees bent*

**Seated Clocks-** knees bent, hands behind thighs

**Roll Backs** - hands behind thighs, crossed over chest, or behind head: Roll back center spine to shoulder points.

**Roll Back Twist-** hands behind head: twist Left roll back on that side and up facing left 3-5X, twist Right, Roll back 3-5X

**Around the World-** Twist Left, roll the center, twist right and come up to center. Roll back on the right side through middle and up left side.

**Arm Series-** Stretch & Circles

\*Set Up Change: laying on back on top of Barrel

**Foot work-** Long side of barrel

**Hundred-** Long side & Short side

*Spine Corrector: on short side- face lip. Can also do 1 leg in tabletop, other foot on lip, change legs after a few sets.*

\*Set Up Change: Hips on top of Barrel, back on the mat

**One Leg Circle-**1 leg low in line w hip and foot flexed, other leg up, soft point and circle

**Leg Series:**

**Seated Tracking**

**Frogs**

**Circles**

**Scissors**

**Walking**

**Beats**

**Bicycle**

**V's** - Legs straight up -Pilates stance, open legs out to sides, pull inner thighs together to bring legs back in

**Helicopter** - Scissor legs, circle legs around and pass through middle- 3X each direction

## Rolling In/Out

**Rolling Like a Ball-** keep knees bent, roll hips off the barrel and back on

Spine Corrector: *Smaller Range or Omit*

## Roll Over

Spine Corrector: *Smaller Range or Omit*

**Rest-** Hips on floor, Knees over barrel

**Roll Ups- legs over barrel –** Variations heels on far side of barrel, feet on top (more challenging) **\*Set up Change: Laying on top of Barrel – Long side to start**

**Ab Series- Single Leg Stretch, Dbl Leg St., Scissors, Lower Lifts, Criss Cross**

\*Set Up Change Short Side-

**AB Series: Single Leg Stretch, Dbl. Leg St., (Take A Break) Scissors, Criss Cross**

Spine Corrector: *More of a challenge on short side- Requires more strength and stability, reserve for strong students.*

\*Set Up Change: Sit on top of barrel, legs straight feet on floor

## Spine Stretch Forward

Spine Corrector: *Turn away from lip*

## Saw

**Open Leg Rocker Prep:** Balanced on top of Barrel. Start by holding behind thighs -do prep. Work to hold ankles and straighten legs. Hold for 10 count. Bring legs together and hold into a Teaser position.

**Caterpillar: Fingertips on floor behind barrel, knees into chest-** Execution: bend Elbows and lay back as the legs reach out in Pilates Stance, lift back up and pull knees back in. Spine Corrector: *Hold handles- wrists back*

\*Set up Change: Prone on top of barrel- Toes on floor, legs separate

**Flight:** Feet stay on floor, should be able to have feet down and lay over the barrel with arms by side. May need to adjust spot to find the balance.

Spine Corrector: Feet on floor, thighs on lip

**Pull Straps II Combo:** Flight position, arms reach to sides as lifting into extension, pull arms back and then lower.

**Swan**

**Rest position**

**Prone Glute work:**

Spine Corrector: Move forward on top , ASIS forward off front of barrel, pubic bone forward of crest of barrel.

**Leg Extensions-**

**Swimming**

**Over/under**

**Grasshopper**

**Rest Position**

\*Set up Change: Seated on top of barrel

**Short box Round-** Feet in diamond, hips forward of crest of barrel

**Flat-** sit on top of barrel

**Side to Side-** add side stretch

Spine Corrector: hold handle for stretch or reach floor in able, hips anchored

**Twist**

**Tree Front-** hips forward of crest

\*Set up Change: laying on back, knees bent feet on top of barrel

### **Shoulder Bridge Prep**

**One leg bridge- 1 leg in tabletop**

**Kicks**

**Pulses**

**Straight 1 leg bridge**

**Piriformis Bridge**

**Piriformis Stretch**

**Repeat other side**

\*Set up Change: on side, hip on top of barrel, forearm on floor. Legs lined up

*Spine Corrector: To flow: set up with forearm on floor on barrel side. Can rest bottom leg on lip. Alternate set up- Forearm on the floor of the lip side, ribs resting on lip or trying to lift off.*

### **Side Kick Series:**

**Front/Back**

**Up/Down**

**Passe'**

**Circles**

**Bicycle**

\*Set up Change: Slide to floor, legs staggered and hip against barrel

*Spine Corrector: Sit in lip w leg closer in crease and other leg extended out to side.*

### **Side sit ups/ Mermaid**

\*Set up Change: Hip on top

**Teaser Twist-** Forearm on floor, hips toward front part of barrel, bottom leg crossed in front

**Forearm press ups 3X**

**Hold up in teaser-** lower lift legs 3X

**Full Teaser Twist 3X**

**Repeat Side kick series, Side Sit Ups, and Teaser Twist on other side**

\*Set up Change: Stand face barrel, feet Pilates Stance

**Long Stretch**

**Up Stretch**

**Elephant-** 1 leg at a time- Hands on top of barrel, hover 1 leg and pull in 3X

**Stork-** kick leg out & in- Knee bends, extend leg out behind into arabesque II

**Straight leg down/up-** tap toe down and lift up

**One Leg Circle-** leg straight, hip height- circle leg

**Pulses-** straight leg extended back, pulse up

**Hamstring curls-** straight leg extended back, keep knee in line with hip and curl heel to glutes, out/in

**Kick Backs**

**Repeat other side**

**Roll to standing**

**Roll back down**

**Mt. Climber Combo-** Knees Center, then cross over- 3 rounds

**Lizard Stretch-** step foot up to side of barrel, hold low lunge stretch. Can progress to forearms on Barrel.

**Repeat Mt. Climber Combo on other side and Lizard stretch**

**Front Lunges-** One foot on top of barrel, other foot back, parallel with heel lifted. Bend back knee into a lunge. Both Legs.

**Step Aerobics options:**

**Step knee ups-** Stepping up on top of barrel

**Front kick-** Stay on top of barrel

**Up/down**

**Leg extension-** straight leg behind- reach back

**Vertical Side Kick Series – Stat standing on top -Leg to side of barrel-**

**Front/Back, Up/ Down, Circles...could do Passe'**

**Balance Control Front-** Bend knee to front, circle leg around to side and back, Passe' leg through to front and repeat 3X each direction.

**Repeat other leg**

**Push Ups-** Roll down hands on top or off to sides for push-ups. Can do Tricep push-ups in hands on top or elbows wide if hands off to side.

**Front Splits/ Lunges Combo**

**Wide leg Stretch-** feet wide, one hand on barrel in center and twist to reach other arm up to sky. Repeat other side.

**To end class-** heel toe feet together- roll back up to finish with a few breaths and circles of arms.

**Bonus exercises:**

**Snake/Twist:** Hands on barrel, legs on a diagonal – Start in pike, lower hips and roll through to snake and pull back up into pike. Twist-n start in pike, lower hips and twist looking back over shoulder.

**Horseback:** straddle top of barrel, knees bent with feet back. Squeeze inner thighs into barrel and curl pelvis forward to lift hips off barrel, as reaching arms up. Can do progression of arms into circles

*Spine Corrector: This does not work as well. Could do w legs straight out, and just squeeze barrel with inner thighs and do arm pattern.*