

LOLITA SAN MIGUEL'S WORKSHOP  
SPINE CORRECTOR, CONTOUR BARREL, PILATES ARC

Note: Most exercises that use the arms can be done as follows

- A. With the arms across the chest (easiest)
- B. Hands crossed behind the head
- C. Both arms straight and to the side (2nd Position)
- D. Both arms by the ears straight up to the ceiling (5th Position)

**Start by placing Barrel against wall and / or use sticky pad so it won't slide.**

1. **Warm-up:** Seated on Lip or Well of Step, feet away from Barrel, knees bent crossed, diamond or legs straight forward--Breathing, Kegel (isometric contraction), Flexion forward, Rotation or Spine Twist, Lateral flexion, Thoracic extension

2. **Spine Flexion & Extension.** Seated on Step Flex forward over legs bent or straight and up to neutral back and extension over barrel. Sequence the arms A, B, D

3. Side Reaches with arm reaching sideways and back return arm forward and spine neutral, arm reaches sideways and half way around the world and reverse.

4. **Oblique twists**--Diagonals arms sequence A, B, D, Spearfishing

5. **The Saw**

6. **The Reach**—Reach arms back and overhead as the legs reach straight, bring arms forward and bend knees as you sit up, repeat circling arms and reverse circle add hips lifts.

7. **Arms** – Feet on floor in front of Step, Knees Bent, Shoulders and head lying over barrel--Protraction, Retraction, Scissors, Circles, Elevation, Depression, Hug a Tree, Hip lifts & lowers, open arms side for side Scissors

8. **Mermaid** - seated sideways on Step, one leg bent in front, other stretched sideways on floor; Cleopatra –Side Flexion and Snake and Twist: add Rotation, Chest over Barrel and open to Rotation back on Barrel looking at ceiling, Side Bends & Raises with port de bras; one Arm Circles

9. **Seated on well** - The Hundred, Double leg stretch, Single leg stretch, Criss-cross

++Transition to Inverted Supine, hips on Barrel Arc, shoulders and head on floor, hands on handles+++

\*\*10. **Legs** – Open sideways, close and change, Scissors, Bicycle, Leg Circles, Leg lowers, Helicopter, Frogs, Hip Twist. Knees side to side and small Knee Circles.

11. **Prep for Rollovers**, knees bent, hips over Barrel, hands holding Barrel, roll hips up towards ceiling & lower hips to Barrel--Can-Can

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**\*\*12. Rollovers & Corkscrew**, straight legs

**\*\*13. Fish**—Rollover lower legs and arch onto head  
+++++++Transition back on floor, feet on apex of Barrel or well

**\*\*14. Bridging**---Hip raises and lowers, Spine Articulation

**\*\*15. Shoulder Bridge**--Feet on top of arc  
++++++Transition to Prone Quadruped

16. Spine Moves - **Angry Cat, Neutral Spine, Horse**  
++++++Transition Prone Balance across hips on Arc

17. **Swimming** over Barrel, arms only; legs only, then full Swimming  
++++++Transition prone other end, Rest Pose

18. **Swan** hands on Lip, Swan dive, Rest Pose

19. **Sidelying** series on forearm next to Step-- Hips on Arc--Leg Lifts, Passés, small circles, Scissors, Femur Sidekicks (place pad under hip)

+++++++Transition to Seated on well, legs over Barrel+++++

20. **Spine stretch**  
+++++++Transition to++ Supine plank, hands on Barrel top, legs on floor

21. **Leg pull**

22. **Sidelying series**, same as #19, on the other side +++++Transition to sitting

23. **Teaser Prep**, sitting on top of barrel, hands on Lip, Knees bent, preparation

23a. **Teaser and add Twist**  
+++++Transition body to Prone Plank hands on top of arc

24. **Push-ups** -Forearms on arc and Straight Arms

25. **Leg Pull front and Achilles Stretch**  
+++++Transition to the side one hand on center of Barrel other arm reaches to ceiling

26. **Star**  
+++++Transition to Prone Plank

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27. **Push-ups in plank** position hands on Barrel

28.

++++Transition to other side, hand on barrel

29. Star other side

+++++++Transition: Return to Plank and roll-up to Standing

***REVISED APRIL 1, 2017***