

BARRELS

The Barrels can be incorporated into a client's workout for a number of reasons:

- to make certain mat exercises easier---ie. Roll-Over, Corkscrew
- to strengthen the abdominals by putting the body in a position where gravity is helping to maintain imprint---ie. Scissors, Bicycle
- to support the spine in flexion, extension, or lateral flexion (modifications where head and shoulders are resting on the arc barrel to promote thoracic flexion, Port de Bras, Breathing Side, Sidebends(on spine corrector)
- to challenge balance in certain exercises---ie. Swimming or Teaser
- to target certain muscle groups ---the abdominals and the muscles around the hip joint(prone, inverted, sitting)

The curvature of each of the barrels is different. This means that similar exercises performed on each barrel will be easier or more challenging. It will also affect the muscular emphasis of the exercises.

In general, more of the body will be supported on the floor while on the arc barrel compared to the spine corrector thus making the exercises easier to perform. In the same way, some exercises may be easier on the spine corrector compared to the ladder barrel.

Some exercises performed on the arc barrel will target lower abdominal fibers (inverted series---b/c "breaking" point is lumbo-pelvic region). When performed on the spine corrector, the same exercise will tend to target the upper fibers of the abdominals. (inverted series---b/c "breaking" point is thoracic region).

In general, similar exercises performed on the ladder barrel will require more shoulder girdle stability compared to the spine corrector which will require more shoulder girdle stability compared to the arc barrel.

Because the curvatures of the barrels are different, one may suit one body type or size better than another. For instance, in some exercises the arc barrel will be better suited for someone is shorter or who has a shorter torso, while the spine corrector may be better for someone who is taller or who has a longer torso.

The positioning of the body on each barrel is highly variable and depends ^{on} a number of factors including height, torso length, limb length, body proportions (top heavy or bottom heavy), postural issues, and flexibility. The choice of which barrel to use will also be affected by these factors. In addition, it will also be affected by which muscles or aspect of the exercise you wish to target and by the client's own strengths and weaknesses.