

# Setup and Adjustment for the Contrology™ Ladder Barrel



## TOOLS NEEDED:

- » Phillips head screwdriver
- » Scissors

## TO SETUP

1. Remove the ladder barrel from the boxes. Remove all zip ties (with scissors) and bags from the unit.
2. Install the wooden dowel into the two holes at the top of the ladder. Note there are two (2) predrilled holes in the dowel, these will face backwards (away from the barrel) and line up with the two holes in the ladder uprights. See Fig. A.
3. The dowel will be centered in the ladder uprights. Using a Phillips head screwdriver, install the two (2) included screws into the uprights and dowel securing the dowel into position (See Fig. A). The heads of the screws will be slightly sub-flush with the wood uprights when properly tightened. After securing the dowel to the ladder, press the cap onto the dowel.

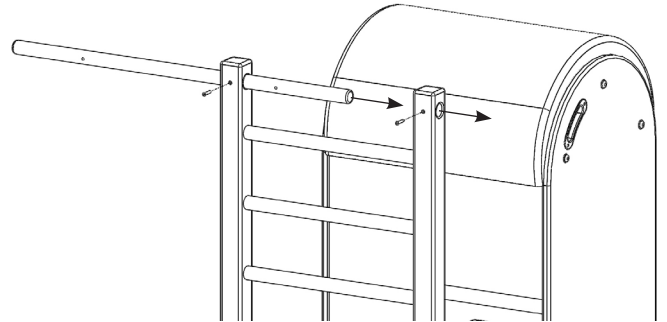


Figure A

## TO ADJUST

Stand between the ladder and the barrel facing towards the barrel. Place your hands in the grey handles on the outside of the barrel sides. Using either foot firmly press down on the foot pedal (see Fig. B) continue to hold the foot pedal down and push or pull the barrel towards or away from you.

When in the desired location release the foot pedal and the pins will lock the barrel into position. Be sure to push the barrel forward to ensure the barrel is locked in a position. On the right bottom frame rail, if standing between the barrel and the ladder, there are numbers to visually see which position you are in. There are three (3) positions to adjust back and forth to accommodate different heights and different exercises. The zero (0) position is the Classical setup (ladder to barrel) distance.

There may be a little rocking of the barrel, this is normal and the barrel will not change positions once secured into a location. If you wish for a more secure barrel, hand tighten the two knobs on the slider rail. This will eliminate all movement of the barrel.

Be sure to loosen these knobs before trying to move the barrel.

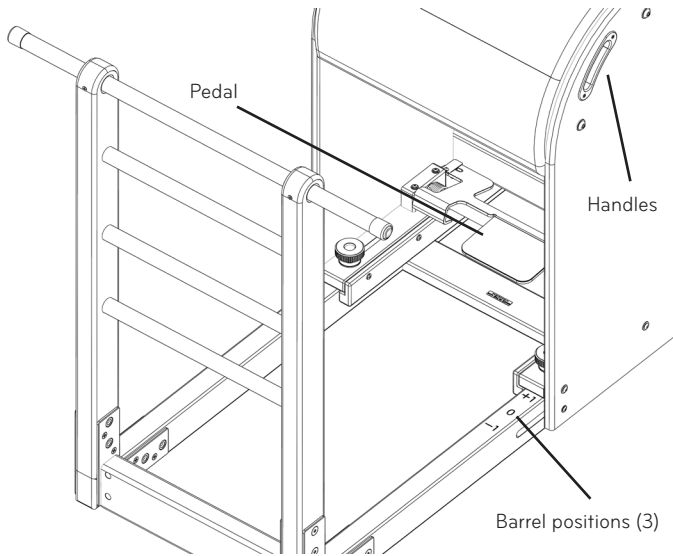


Figure B

#### OPTION ACCESSORY CONTROLGY LADDER BARREL FOOTPLATE

A footplate (P/N 17934) can be purchased separately for your ladder barrel. This will fill the entire region between your ladder and barrel in the close position. You can get this in the same color as your barrel if desired. See Figure C.

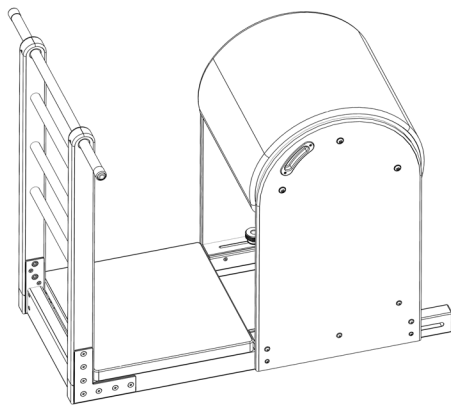


Figure C

#### CLEANING AND MAINTENANCE TIPS

##### Frame rails and dowel

Clean all skin-contact parts after each use, including the ladder dowels and the bottom frame rails. This ensures that the barrel will slide smoothly. Use a solution of a mild soap and water or Balanced Body Clean. Dry thoroughly.

##### Upholstery

Balanced Body upholstery has a built-in antimicrobial/antibacterial protection. For light soiling, use a solution of 10% household liquid dish soap with warm water applied with a soft damp cloth. If necessary, a solution of liquid cleanser and water applied with a soft bristle will also work. For heavier soiling, please call Balanced Body Technical Support.

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#### QUESTIONS?

Please call Balanced Body Technical Support at 1-800-PILATES (U.S. and Canada) or +1-916-388-2838 (International)

## Contrology Ladder Barrel Exercises

SWEDISH BAR EXERCISE SKILL LEVEL - FOUNDATION

**Reps : 3**

**Precautions:** Knee flexion, extension, forward flexion

**Skills needed to perform the exercise:**

No prerequisites



### STARTING POSITION

- » Stand behind the barrel on the ladder side.
- » Place one foot on the ladder rung - the height will depend on the flexibility of the student.
- » Place the hands on the top rungs of the ladder

### FOCUS:

- » Stretch the back of the leg/hamstrings
- » Stretch the back of the body
- » Stretch the hip flexor and quad
- » Open the chest



### MOVEMENT SEQUENCE

- » Round the back and straighten the leg on the ladder. The standing leg should be straight and under the pelvis.
- » Keep the hips square and lower and lift the heel on the ladder to increase the stretch.
- » Lift the chest and bend the knee of the leg on the ladder and stretch forward, keeping the back leg long. If it's available to the student, they can continue into a mild back extension.
- » Pull the center in and return to the first position



### VARIATION

- » On the last stretch the student can lift the hands off the bar and bring them overhead to increase the back extension and opening in the front of the body.



## Contrology Ladder Barrel Exercises

THE SWAN SKILL LEVEL - INTERMEDIATE

**Reps : 3**

**Precautions:** Back extension, back flexion, knee flexion

**Skills needed to perform the exercise:**

Swan on the mat, swimming on the mat, down stretch on the reformer



### STARTING POSITION

- » Stand between the barrel and the ladder, facing the barrel.
- » Round your body over the barrel with the center of your waist at its apex.
- » Bring the ball of the foot onto the lowest ladder rung and press the heel against the next rung up.
- » Bring the arms overhead, stretching towards the floor



### FOCUS:

- » Strengthen the back
- » Strengthen the seat and hamstring
- » Open the hips
- » Open the chest

### MOVEMENT SEQUENCE

- » Reach the feet into the ladder to activate the seat.
- » With the arms reaching long, bring them out and up allowing the back to follow.
- » Lift the torso off of the barrel and move into spinal extension, within your range of motion.
- » Bring the spine forward into a tall back position and straighten the legs so that the body is in a long, plank position.
- » Lift the upper back into thoracic extension.
- » Scoop the center, lengthen the tailbone down and return to the first position



### VARIATION

- » Students can place their feet on the side rails with the heels on the ladder uprights as a beginning variation.





## Contrology Ladder Barrel Exercises

HORSEBACK SKILL LEVEL - INTERMEDIATE

**Reps : 3**

**Precautions:** none

**Skills needed to perform the exercise:**

none

### STARTING POSITION

- » Sit on the barrel facing the end, legs straddled on either side
- » The legs are forward and long with flexed feet
- » The arms are bent by the sides with the palms up

### FOCUS:

- » Deepen the round back
- » Strengthen the inner thighs
- » Connect the seat to the feet

### MOVEMENT SEQUENCE

- » Squeeze the barrel with the inner thighs
- » Simultaneously
  - Scoop the center into the round back position
  - Point the feet to connect the backline of the body
  - Reach the arms out straight to connect through the back
  - Lift the seat off the barrel
- » Lengthen the back and return to the first position

### VARIATION

- » Knees can be bent with the lower leg hugging the barrel
- » Students can press their hands into the front of the barrel for support.
- » Arm Circles
- » Shaving



## Contrology Ladder Barrel Exercises

THE SHORT BOX - ROUND SKILL LEVEL -  
FOUNDATION

**Reps : 3-5**

**Precautions:** Back Flexion, Back Extension

**Skills needed to perform the exercise:**

Short Box - Round on the Reformer

### STARTING POSITION

- » Sit on the barrel facing the ladder
- » Bring the pelvis forward of the barrel apex so that the sacrum is supported.
- » The heels are placed on the second rung of the barrel with the foot flexed. The toes are hooked under the top rung and the outside of the foot is pressing into the ladder uprights

### FOCUS:

- » Strengthens the center
- » Opens the back
- » Opens the chest
- » Deepens the C curve

### MOVEMENT SEQUENCE

- » Inhale, scoop the stomach in and wrap the arms around the waist
- » Make sure the feet are firmly secured in the ladder and roll back one vertebra at a time onto the barrel. Roll back only as far as you are comfortable and secure
- » Exhale, bring the chin to the chest, and roll up one vertebra at a time

### VARIATION

- » Advanced - roll back into full extension
- » Bring the arms, crossed overhead for a stretch
- » Bring the arms back to the waist and roll-up



## Contrology Ladder Barrel Exercises

### THE LEG STRETCHES - BACK

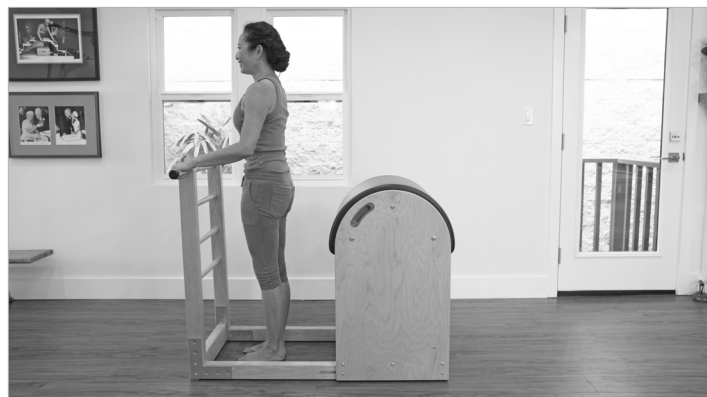
SKILL LEVEL - FOUNDATION

**Reps : 2-3 sets**

**Precautions:** Knee issues

**Skills needed to perform the exercise:**

none



### STARTING POSITION

- » Stand between the barrel and the ladder, facing the ladder
- » Place the hands on the top ladder rung, outside the uprights
- » Bend one knee and bring the top of the foot onto the barrel

### FOCUS:

- » Stretches the hip flexors
- » Stretches the quads
- » Opens the hip



### MOVEMENT SEQUENCE

- » Press the hands into the ladder rung to lift up out of the back
- » Bend the knee of the standing leg
- » Lengthen the thigh of the leg on the barrel towards the floor as you lift up out of the back
- » Return to the starting position

