Cadillac - Romana Often Used Exercises

Rollback Bar
- Roll Down
- One Arm Roll Down

Leg Springs
- Circles
- Walking
- Beats
- Bicycle
- Small Circles
- Frogs
- In the Air - Circles
- In the Air - Walking
- In the Air - Beats
- In the Air - Bicycle
- Airplane

Side Leg Springs
- Front/Back
- Up/Down
- Small Circles
- Big Circles
- Bicycle

Arm Springs
- Flying Eagle
- Press Down
- Circles
- Triceps
- Press Down Side

Push Thru Bar
- Tower
- Monkey
- Teaser
-Reverse Push Thru
-Mermaid Sitting
-Swan
-Shoulder Roll Down
-Push Thru

Rollback Bar
- Chest Expension
- Thigh Stretch
- Long Back Stretch
- Rolling In and Out
- Rolling Stomach Massage

Breathing
Spread Eagle
Pull Ups
Hanging Pull Ups
Twist Pull Ups
Half Hanging
Hanging

Monkey on a Stick / Semi Circle
Arm Springs
- Squats
- Hug
- Boxing
- Shaving
- Butterfly
- Side Arm
- Fencing

Rollback Bar - Standing
- Squats
- Side Arm
- Bicep Curls - (low hooks)
- Zip Up - (low hooks)

Ballet Stretches
- Leg Stretches - Front
- Leg Stretches - Back
- Leg Stretches - Side