Cadillac - Romana - Reformer on the Cadillac

Hundred w/Bar
Airplane
Coordination
**Rowing Series**
- Into the Sternum
- 90 Degrees
- From the Chest
- From the Hips
- Shaving
- Hug

Flying Eagle

Backstroke

**Push Thru Bar Series**
- Tower & Monkey
- Teaser
- Reverse Push Thru
- Mermaid
- Swan
- Shoulder Roll Down
- Push Thru

**Short Box w/Rollback Bar**
- Roll Back
- Hinge Back
- Twist
- Around the World
- Side Sit Ups

Ballet Stretches (any variation appropriate to client)

RollBackbar Continued
- Chest Expansion
- Thigh Stretch
- Long Back Arms
- Rolling In & Out
- Rolling Stomach Massage

Leg Springs in the Air

Lying Arm Springs or Swakate Series

Long Spine with our without Springs

Traditional Ending
  - Breathing
  - Spread Eagel
  - Men’s Pull Ups (feet in strap)
  - Women’s Pull Ups (feet in trapeze)
  - Hanging

Romana’s Special
  - Upside Down Splits in Handstand (Candlestick with splits)

Grand Écarté (Splits in fuzzies)