

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 or without Springs

Traditional Ending

- Breathing
- Spread Eagle
- 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)