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 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)