

7 Step Classical System - Step 1

Rollback Bar

- Roll Down
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Neck Tensometer or Strap from Trapeze or Reformer

- Flat Back
- Round Back
- Spine Stretch Forward

Push Thru Bar

- Push Thru
- Shaving
- Teaser
- Teaser w/ Shaving and Leg Lower

Rollback Bar - Standing

- Pull Down
- Side Arm