

## 7 Step Classical System - Step 6 (Arching/Backbending)

### Cadillac

#### Push Thru Bar

- Neck Roll

#### Rollback Bar

- Flying Eagle (Cadillac or Wunda)

#### Arm Springs

- Double Leg Kick "prep"

#### Push Thru Bar

- Thigh Stretch

#### Rollback Bar

- Rolling in and Out
- Stomach Massage
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### Wunda Chair

#### Swan

#### Grasshopper