

Hi, I'm Fabian from Barcelona. And here are, uh, the system steps to the intermediate. So the concept of this series is really to improve your workout both in the intermediate mat and the intermediate reformer. Every one of you struggle with certain exercises. So more than really working hard inside the mat and the reformer, take the systems in order to work your weakness within those exercises.

And you will see then after, you will practice it easily. This series is for everybody. You can work it on your own, or also it can be for teachers who are looking for some system exercise to help their clients to improve such or such exercise in the intermediate level.

Out of my experience as a teacher through the years, I've been looking at, uh, what are the best system exercises size for my clients, but especially separating them in certain categories. Some are for back bend, some are uh, for rounding, some are for strengthening and especially to try to have the most precise system exercise for each and single exercise of the intermediate mat and reformer.

With Alicia and Jack, we made up those steps to your mat, those steps to your reformer or the steps to the system for both of them. Really hope you really enjoy the work we all did together during all those days, because you will see it's a really good education tool.