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Reach your legs up and over your head. Keep your hands pressed down on the mat and end with your feet and legs parallel to the ground. Exhale and slowly lower your legs back to the 90-degree position, placing one vertebra at a time onto the mat. Repeat at least 3 times.

How to Do the Roll Over in Pilates - Verywell Fit

How to roll over your 401(k)

Decide what kind of account you want.

Decide where you want the money to go.

Open your account and find out how to conduct a rollover.