
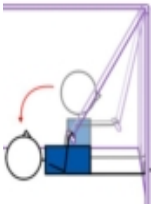
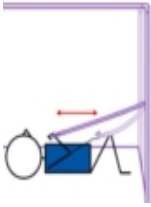

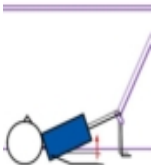
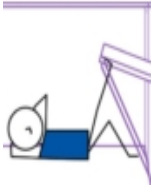
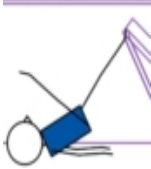

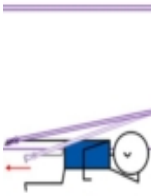
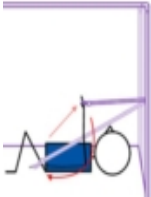
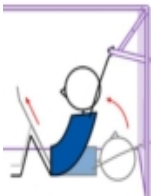
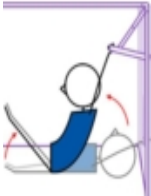
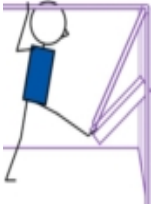
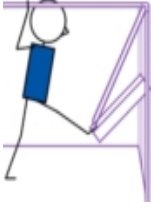
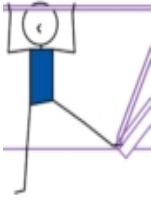


## 15 Minute Cadillac Challenge: Beginners & Intermediate 1

Time	Image	Pose	Description
		Supine Pilates Breath	<p>Lie on your back with your knees up. One hand on the rib cage. Place the other hand on the lower abdominals. Tuck chin in. Close eyes. Inhale through the nose, and feel the abdominal region is a balloon filling with air. Exhale through your mouth, and feel the abdominal balloon lose all its air as it sinks down to your spine.</p> <p><b>Benefits:</b> Coordinate breath and movement. Oxygenates blood. Engages the core.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/s6TTvXqzlwk">https://www.youtube.com/embed/s6TTvXqzlwk</a></p> <p><b>Modifications:</b> Blanket under knees. Blanket under head.</p>
		PTB Roll Downs Cadillac	<p>Hold roll down bar. Place feet against uprights. Stack ribs on top of hips. Inhale, press slightly down on bar. Exhale, curl back and roll down. Inhale, bend arms and pull bar down to connect with ribs. Nod chin and come up rounding forward in a C-shape.</p> <p><b>Benefits:</b> Strengthens abs, back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/UCht9aV7Wy0">https://www.youtube.com/embed/UCht9aV7Wy0</a></p>
		Bicep Curls Cadillac	<p>Grab arm springs. Lie on back with feet towards uprights. Bend knees, extend arms beside body. Exhale, bend elbows bringing hands towards chest. Return arms to start. Repeat.</p> <p><b>Benefits:</b> Strengthens forearms, biceps.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/UCht9aV7Wy0">https://www.youtube.com/embed/UCht9aV7Wy0</a></p>
		PTB Roll Up Cadillac	<p>Start out with push through bar bottom loaded with two light springs from the bottom. Put on safety strap. Lie under bar (hips directly under bar). Place both sets of toes on the bar at hip width apart. Place hands behind head. As you straighten legs, curl up head and shoulders while engaging ab muscles. Relax down to start position. Repeat.</p> <p><b>Benefits:</b> Strengthen core and legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/P0nFuxJ0v1s">https://www.youtube.com/embed/P0nFuxJ0v1s</a></p>

Time	Image	Pose	Description
		PTB Hip Rolls Cadillac	<p>Grab onto roll down bar. Roll half way down. Lower back on carriage. Bring legs over roll down bar. Bring feet to carriage, bend knees. Lie down, arms beside body. Separate feet sit bones distance apart. Pelvis in neutral. Exhale, roll pelvis and lift hips. Inhale, roll down.</p> <p><b>Benefits:</b> Strengthens spine, glutes, hamstrings.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/UCht9aV7Wy0">https://www.youtube.com/embed/UCht9aV7Wy0</a></p>
		PTB Supine Twist Cadillac	<p>Start out with push through bar bottom loaded with two light springs from the bottom. Put on safety strap. Lie under bar (hips directly under bar). Place right toes on bar. Place hands behind head. As you straighten right leg, curl left elbow towards right leg. Come back to start position. Repeat. Switch sides.</p> <p><b>Benefits:</b> Strengthen core, obliques and legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/P0nFuxJ0v1s">https://www.youtube.com/embed/P0nFuxJ0v1s</a></p>
		PTB Leg Circles Cadillac	<p>Start out with push through bar bottom loaded with two light springs from the bottom. Put on safety strap. Lie under bar (hips directly under bar). Place both sets of toes on bar, hip width apart. Arms by side, palms facing down. From bent position, straighten legs up towards ceiling. When in the high position, remove one leg and do two leg circles in one direction and then in other direction. Repeat on other leg.</p> <p><b>Benefits:</b> Pelvic stabilization. Mobilization of hip joint.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/P0nFuxJ0v1s">https://www.youtube.com/embed/P0nFuxJ0v1s</a></p>
		PTB Mermaid Cadillac	<p>Sit on carriage. Bend right leg and swing foot behind. Bend left leg (left foot touching right inner thigh). Hold bar with left hand. Place right hand on the ground. Extend left arm. Pull bar down, raise right arm. Exhale, bend to left. Bring right arm down. Stretch left arm up. Inhale, return to start. Repeat on opposite side.</p> <p><b>Benefits:</b> Lengthens, strengthens lateral obliques.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/UCht9aV7Wy0">https://www.youtube.com/embed/UCht9aV7Wy0</a></p>

Time	Image	Pose	Description
		Side Stretch Cadillac	<p>Lie on left side. Bend both knees. Place leg spring loop on fulcrum of right ankle. Keeping knees bent lift right leg parallel to mat. Align knee and ankle. Exhale, extend right leg and bring right heel in line with hip. Bring leg back to start. Repeat. Switch sides.</p> <p><b>Benefits:</b> Strengthens hips, thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/UCht9aV7Wy0">https://www.youtube.com/embed/UCht9aV7Wy0</a></p>
		Arm Springs Cadillac	<p>Grab arm springs. Lie on back. Head towards uprights. Bend knees. Place arms beside body. Raise arms overhead. Open arms to sides and scoop down to start position. Repeat by circling in opposite direction.</p> <p><b>Benefits:</b> Strengthens arms.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/UCht9aV7Wy0">https://www.youtube.com/embed/UCht9aV7Wy0</a></p>
		PTB One Leg Teaser Cadillac	<p>Grab bar, lie down facing bar. Bend knees, press bar overhead. Bend elbows, nod chin, roll up while hollowing abs. Straighten right leg out, extend arms overhead. Point toes, squeeze knees together. Roll down to start. Repeat on opposite leg.</p> <p><b>Benefits:</b> Strengthens abs, back, hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/UCht9aV7Wy0">https://www.youtube.com/embed/UCht9aV7Wy0</a></p>
		PTB Teaser Cadillac	<p>Grab onto bar, lie facing bar, legs extended. Bend elbows, pull knees in, hollow abdominals. Lift arms, legs towards ceiling. Roll back down. Repeat.</p> <p><b>Benefits:</b> Strengthens abs, back, hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/UCht9aV7Wy0">https://www.youtube.com/embed/UCht9aV7Wy0</a></p>

Time	Image	Pose	Description
		PTB Leg Press I Cadillac	<p>Start out with push through bar double loaded with two heavy springs from the top. Hold onto side bars. Stand tall. Place toes on bar and lower bar in front of hip. Lean forward with torso, press leg straight and bend up as far as you can without changing hip position. Engage abs. Switch legs.</p> <p><b>Benefits:</b> Strengthen core. Balance.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/P0nFuxJ0v1s">https://www.youtube.com/embed/P0nFuxJ0v1s</a></p>
		PTB Toe Press Cadillac	<p>Start out with push through bar double loaded with two heavy springs from the top. Hold onto side bars. Stand tall. Place toes on bar and lower bar in front of hip. Lean forward with torso, press leg straight and press toes back and forth. Switch legs.</p> <p><b>Benefits:</b> Strengthen core. Balance.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/P0nFuxJ0v1s">https://www.youtube.com/embed/P0nFuxJ0v1s</a></p>
		PTB Leg Press III Cadillac	<p>Start out with push through bar double loaded with two heavy springs from the top. Hold onto side bars. Stand tall. Place toes on bar and turn sideways. Hold the bar lightly. Press leg down and up. Switch legs.</p> <p><b>Benefits:</b> Strengthen core. Balance. Inner thigh stretch.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/P0nFuxJ0v1s">https://www.youtube.com/embed/P0nFuxJ0v1s</a></p>

**Lesson Plan Description:**

The Pilates Cadillac offers some specific features which have many benefits.

It is a very versatile piece of equipment. It can be used by people of all abilities and provides a large number of exercises which allows Pilates students to challenge themselves, develop, and strengthen all parts of their body.

The Cadillac allows people to attempt a large variety of movements, with different levels of resistance due to the springs. This helps to build strength in the body, tone muscles and increase flexibility.

The Pilates Cadillac is raised from the floor. This makes it easier for students who find it difficult to get down on the floor for mat work (e.g. arthritis, injury).

The Cadillac pilates exercises improve concentration and mindfulness because students have to concentrate on specific movements which often involve balancing.