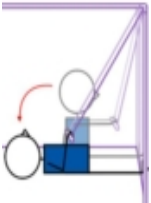
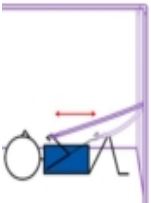
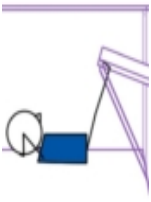
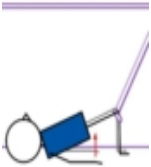
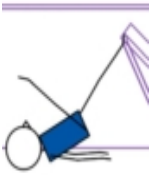
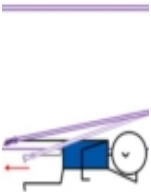
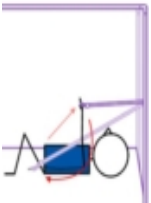




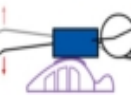







## 15 Minute Pilates Cadillac + Arc Challenge

Time	Image	Pose	Description
	 A stick figure is shown on a Pilates Cadillac machine. The figure is sitting on the carriage, holding onto the roll-down bar with both hands. Red arrows indicate the movement of the body rolling back and forth.	PTB Roll Downs Cadillac	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. <b>Benefits:</b> Strengthens abs, back. <b>Video:</b> <a href="https://www.youtube.com/embed/UCh9aV7Wy0">https://www.youtube.com/embed/UCh9aV7Wy0</a>
	 A stick figure is lying on their back on the Cadillac machine. Their feet are against the uprights. Red arrows show the arms being bent at the elbows and then extended back to the starting position.	Bicep Curls Cadillac	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. <b>Benefits:</b> Strengthens forearms, biceps. <b>Video:</b> <a href="https://www.youtube.com/embed/UCh9aV7Wy0">https://www.youtube.com/embed/UCh9aV7Wy0</a>
	 A stick figure is lying on their back on the Cadillac machine. Their feet are against the uprights. Red arrows show the body curling up and then rolling back down.	PTB Roll Up Cadillac	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. <b>Benefits:</b> Strengthen core and legs. <b>Video:</b> <a href="https://www.youtube.com/embed/P0nFuxJ0v1s">https://www.youtube.com/embed/P0nFuxJ0v1s</a>
	 A stick figure is lying on their back on the Cadillac machine. Their feet are against the uprights. Red arrows show the hips rolling back and forth.	PTB Hip Rolls Cadillac	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. <b>Benefits:</b> Strengthens spine, glutes, hamstrings. <b>Video:</b> <a href="https://www.youtube.com/embed/UCh9aV7Wy0">https://www.youtube.com/embed/UCh9aV7Wy0</a>

Time	Image	Pose	Description
		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>
		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/UCh9aV7Wy0">https://www.youtube.com/embed/UCh9aV7Wy0</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/UCh9aV7Wy0">https://www.youtube.com/embed/UCh9aV7Wy0</a></p>
00:10		Arc	

Time	Image	Pose	Description
		<p>Port De Bras Arc</p>	<p>Sit in well of arc. Inhale, reach arm forward. Exhale, curl back, roll down while lifting arms overhead. Inhale, circle arms around. Nod chin, exhale, roll up. Repeat.</p> <p><b>Benefits:</b> Strengthens abs. Improves spinal flexibility. Opens front of shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/MP6wqz1kHiY">https://www.youtube.com/embed/MP6wqz1kHiY</a></p>
		<p>Port De Bras Rotation Arc</p>	<p>Place right thigh in well of arc. Bend right knee. Bend left leg and swing it behind you. Place right hand on arc. Inhale, lift left arm behind at diagonal. Stretch back towards left hand. Exhale, hollow abdominal, scoop left arm under right arm. Switch sides.</p> <p><b>Benefits:</b> Strengthens abs. Improves spinal flexibility. Opens front of shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/MP6wqz1kHiY">https://www.youtube.com/embed/MP6wqz1kHiY</a></p>
		<p>Side Scissors Arc</p>	<p>Bring right hip on apex of arc, elbow under shoulder. Keep right hand at diagonal, palm facing down. Straighten legs, place left hand below hips. Kick one leg forward, other leg back. Switch sides.</p> <p><b>Benefits:</b> Strengthens core, hip abductors, hip flexors, hip extensors.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/MP6wqz1kHiY">https://www.youtube.com/embed/MP6wqz1kHiY</a></p>
		<p>Swimming Arc</p>	<p>Lie on arc. Lift both arms and legs off ground bringing body parallel to mat. Simultaneously lift right arm and left leg. Switch arms and legs. Continue by alternating between arms and legs.</p> <p><b>Benefits:</b> Strengthens butt, back, thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/MP6wqz1kHiY">https://www.youtube.com/embed/MP6wqz1kHiY</a></p>

Time	Image	Pose	Description
		Mermaid Arc	Place right thigh in well of arc, bend right knee. Bend and swing left leg behind buttock. Place right hand on arc. Inhale, lift left arm. Exhale, bend right over arc. Extend both arms. Inhale, lift left arm towards ceiling. Exhale, return to start. Inhale, lift right arm, stretch towards left. Exhale, return to start. Repeat on other side. <b>Benefits:</b> Lengthens, strengthens lateral obliques. <b>Video:</b> <a href="https://www.youtube.com/embed/MP6wqz1kHiY">https://www.youtube.com/embed/MP6wqz1kHiY</a>
		Mermaid Leg Circles Arc	Place right thigh in well of arc, bend right knee. Bend, and swing left leg behind buttock. Twist towards arc, straighten back. Exhale, rock forward, lift left leg off ground. Straighten leg, circle clockwise. Reverse directions. <b>Benefits:</b> Strengthens abs, inner thighs, outer thighs, hip rotators. <b>Video:</b> <a href="https://www.youtube.com/embed/MP6wqz1kHiY">https://www.youtube.com/embed/MP6wqz1kHiY</a>
		Straight Leg Stretch Arc	Sit in well of Arc. Slide back to get support in lower back. Knees bent. Brings heels up to height of knee. Take left leg up (toes point to ceiling and hold onto back of thigh) and simultaneously bring right leg out (toes point to wall). Double inhale. Exhale, switch legs. This is one set. <b>Benefits:</b> Ab workout. <b>Video:</b> <a href="https://www.youtube.com/embed/U0SuFQsrE80">https://www.youtube.com/embed/U0SuFQsrE80</a> <b>Precautions :</b> Back injury.
		Psoas Stretch Arc	Lie on back, sacrum behind apex of arc. Place head, shoulder blades on mat. Bend knees. Place feet on arc. Hold inside of arc. Bring knees to chest. Pull right knee into chest, extend left leg. Grab onto right knee. Square hips, stay for few breaths. Repeat on other leg. <b>Benefits:</b> Stretches psoas, hip flexors. <b>Video:</b> <a href="https://www.youtube.com/embed/MP6wqz1kHiY">https://www.youtube.com/embed/MP6wqz1kHiY</a> <b>Modifications:</b> Extend left leg to side for deeper stretch.

Time	Image	Pose	Description
		<p>Supine Pilates Breath</p>	<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.</p> <p>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>

## **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.

Designed for comfort and support, the Pilates Arc relieves back pain by improving posture, flexibility, and spinal alignment. It also helps with coordination, balance, breath awareness, and toning of the core.

You can create lesson plans like this using the [Genie Lesson Planner](#)