
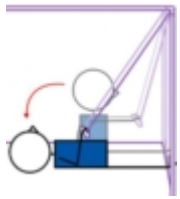
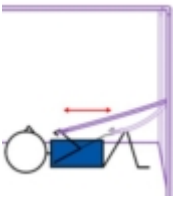
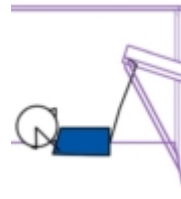
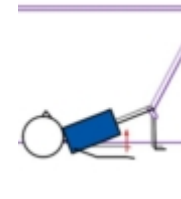
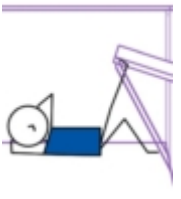
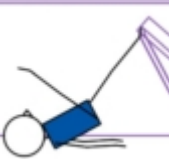

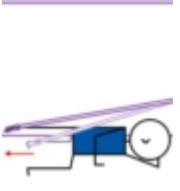
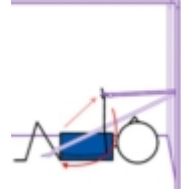

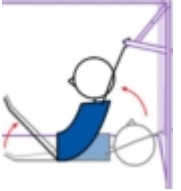
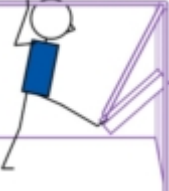
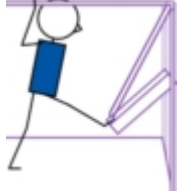
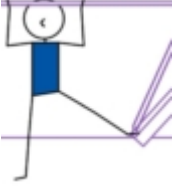


15 Minute Cadillac Challenge: Beginners & Intermediate 1

 <p>Supine Pilates Breath</p>	 <p>PTB Roll Downs Cadillac</p>	 <p>Bicep Curls Cadillac</p>	 <p>PTB Roll Up Cadillac</p>	 <p>PTB Hip Rolls Cadillac</p>	 <p>PTB Supine Twist Cadillac</p>
 <p>PTB Leg Circles Cadillac</p>	 <p>PTB Mermaid Cadillac</p>	 <p>Side Stretch Cadillac</p>	 <p>Arm Springs Cadillac</p>	 <p>PTB One Leg Teaser Cadillac</p>	 <p>PTB Teaser Cadillac</p>
 <p>PTB Leg Press I Cadillac</p>	 <p>PTB Toe Press Cadillac</p>	 <p>PTB Leg Press III Cadillac</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.