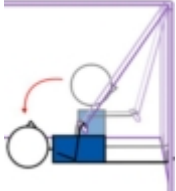
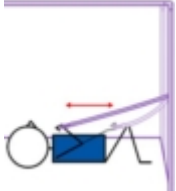
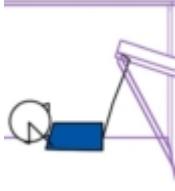
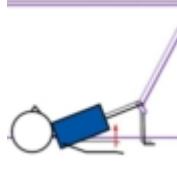
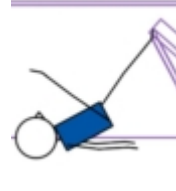
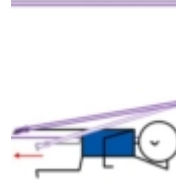
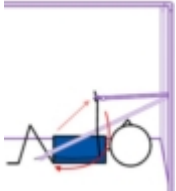




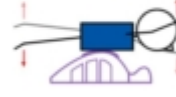

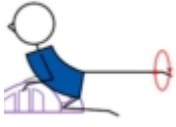





## 15 Minute Pilates Cadillac + Arc Challenge

 <p><b>PTB Roll Downs Cadillac</b></p>	 <p><b>Bicep Curls Cadillac</b></p>	 <p><b>PTB Roll Up Cadillac</b></p>	 <p><b>PTB Hip Rolls Cadillac</b></p>	 <p><b>PTB Leg Circles Cadillac</b></p>	 <p><b>Side Stretch Cadillac</b></p>
 <p><b>Arm Springs Cadillac</b></p>	 <p><b>Arc</b></p>	 <p><b>Port De Bras Arc</b></p>	 <p><b>Port De Bras Rotation Arc</b></p>	 <p><b>Side Scissors Arc</b></p>	 <p><b>Swimming Arc</b></p>
 <p><b>Mermaid Arc</b></p>	 <p><b>Mermaid Leg Circles Arc</b></p>	 <p><b>Straight Leg Stretch Arc</b></p>	 <p><b>Psoas Stretch Arc</b></p>	 <p><b>Supine Pilates Breath</b></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](#)