

Cadillac Course Homework

Homework Assignment 1

1. Give a description of the muscular differences between the *Lat Pull* with Springs from Above and the *Lat Press* with Roll Down Bar Standing. Which one is more difficult, and why?
2. Is the pelvis neutral to begin with in *Push-Thru on Stomach Prep*? How does the pelvis move through the exercise? What Matwork exercise does this best reflect? Does it become easier or more difficult on the Cadillac? Why?
3. What muscle group(s) is the *Midback Series* on the Cadillac challenging more than on the Reformer? Give an explanation.

Homework Assignment 2

1. Using cues and imagery describe the *Side Bend*. What Matwork and Reformer exercises is this an excellent preparation for, and why?
2. What exercise would assist a client with *Roll Down with Back Extension*, and why?
3. What Cadillac exercises are ideal to assist a client who has difficulty doing the *Roll Up* on the mat? Explain.
- 4 Why does *Front Rowing* on the Cadillac slightly differ in movement from that in Intermediate Reformer?

Homework Assignment 3

1. Reproduce an Essential Reformer workout on the Cadillac. Focus on similar muscular emphasis/involvement.
2. Give four examples as to why the Cadillac should be incorporated into a workout.