

GENERAL BACKGROUND

The Cadillac, Chair and Barrel were developed after the mat and reformer repertoire. There is no order of exercises like on the mat and reformer. While a full workout can be performed on any one of these pieces of equipment, it is more typical that a workout will consist mostly of mat and reformer with certain exercises being performed on the Cadillac, Chair or Barrels in order to:

- Clarify or challenge certain aspects of similar exercises performed on the mat and reformer
- change the muscular emphasis of similar exercises performed on the mat and reformer.

This was the original intended use of these pieces of equipment.

Over time new exercises were developed on these pieces of equipment that cannot be duplicated on the mat and reformer. An example of this would be the Pull Up (int).

CADILLAC

No order for exercises (grouped by part of Cadillac being used)

Similar exercises done on the mat and reformer can be modified to be easier or more challenging by using the Cadillac.

Example: Teaser with Springs from Above (Int)---the resistance actually helps the client properly articulate through the spine, thus developing the necessary strength and proper sequencing needed to perform it on the mat.

Teaser with Springs from Below (Adv) --the resistance actually makes the exercise harder than the mat exercise, and should only be incorporated into the workout once the client has developed enough strength to perform it properly on the floor

The Cadillac can be incorporated into a client's workout for a number of reasons:

---to isolate certain muscles (scapula isolations, Lat Pull)

---develop core strength needed to better perform exercises on the mat/ reformer (Teaser Prep/ Bend and Stretch/ Roll Down)

---to focus on and add challenge to the muscles of the shoulder girdle

---spring tension tends to be stronger than the reformer

---springs move independently which further challenges the shoulder girdle and helps isolate muscular imbalances

---more exercises on the cadillac are performed standing than on any other piece of equipment. These exercises

- help promote and challenge efficient alignment while standing

- emphasize the stability of the pelvis on the femurs

- in some cases are more functional(related better to activities performed in everyday life) than exercises performed sitting or supine that target similar muscles (ie. Standing Push Thru Variations of Bicep Curls and Triceps Extensions).

---help client find articulation through the spine by supporting body weight (Roll Down, Push-thru Bar with Roll-Up, Airplane Prep, Teaser Prep.)

---help the client lengthen while they perform a movement (Example: Swan on the Cadillac--- Although it is more challenging on the shoulder girdle the support provided from the springs allows the client to lengthen up and away in order to find and develop the abdominal/ glute connection needed to support the spine in lumbar extension without "crunching" into the lumbar.

---some Essential Cadillac Exercises can be incorporated into a client's initial sessions as the help clarify the basic principles---Scapula Isolations, Push Thru are examples of these.

As we learn the Cadillac exercises, you want to get into the habit of thinking how they compare to the mat and reformer exercises that you have already learned in terms of how and why they are easier or more challenging and whether or not the muscular emphasis stays the same or shifts as this will help you design more effective programs for your clients.