

## Fitness on the Cadillac / Tower Workshop

7-26-18

Exercise Type	Level	Intensity	Equipment
Pilates	Intermediate	Moderate	Spring Wall (Tower or Cadillac)

Description	Merrithew Spring Wall Color Code System
This is a full body workout, intermediate level focusing on strength and balance. We'll be doing Pilates exercises, fitness-based exercises and combinations of both.	Light Arm Springs: <b>Yellow</b> Regular Arm Springs: <b>Black</b> Leg Springs: <b>White</b> Push Thru Springs: <b>Blue</b> Trapeze Springs: <b>Red</b>

### Workout

Exercise	Notes	Repetitions
<b>Roll Down Bar Standing</b> 1. Squat with Row 2. Spine Flexion 3. Spine Extension 4. Combine 1-3 above	Roll Down Bar attached to top hooks. Stand facing Spring Wall with Roll Down Bar in hands.	<b>8-10</b> <b>5-8</b> <b>5-8</b> <b>3 sets</b>
<b>Arm Springs Standing</b> 1. Side Squat Step Out 2. Add Rotation 3. Lunge Back with Arm Springs 4. Add Knee Lift 5. Add Knee Extension	Springs attached about shoulder height. Stand facing side holding front Spring.  Face Spring Wall holding both Arm Springs	<b>5</b> <b>5</b> <b>8 alternating</b> <b>5 each side</b> <b>5 each side</b>
<b>Roll Down Bar Standing</b> 1. Forward Lunge with Chest Press 2. Add Knee Lift 3. Add Leg Extension	Roll Down Bar attached to top hooks. Face forward and hold Roll Down Bar in hands.	<b>8 each</b>
<b>Roll Down Bar Seated</b> 1. Roll Down with Extension at Top 2. Lean 3. Twist Around the World	Roll Down Bar attached to #8 hooks.	<b>4-6 each</b>
<b>Prone with Arm Springs</b> 1. Swimming 2. Butterfly	Hook Arm Springs just higher than Shoulder Height when sitting (about #7)	<b>4-6 sets</b> <b>5 each direction</b>
<b>Supine with Leg Springs</b> 1. Bend and Stretch 2. Lift and Lower 3. Beats 4. Walks 5. Circles <i>Repeat 3-5 in Magician Position</i>	Attach Leg Springs to #6. Supine on Mat with Straps on feet and hands overhead braced against Pole.	<b>8-10 each</b>

Exercise	Notes	Repetitions
<b>Side Kneeling with Leg Springs</b> 1. Bend and Stretch 2. Lift and Lower 3. Circles - Forward and Back Repeat on other leg	Attach Leg Springs to #3. Side Kneeling with head at Spring Wall end and strap on top foot. Bottom hand on floor and top hand in salute position.	<b>5 each</b>
<b>Seated Back Row with Arm Springs</b> 1. High Row 2. Reciprocal 3. Low Row 4. Biceps 5. Combine 3 and 4	Arm Springs attached at #5. Sit facing Spring Wall with Handles in hands..  Attach Arm Springs to #2.	<b>8 each</b>
<b>Lunge, Upper Body Work with Arm Springs</b> 1. Unilateral Chest Press <i>Repeat on other side</i> 2. Kneeling Triceps Overhead Press 3. Ab Machine	Attach Arm Springs to #4. Kneeling lunge facing away from Spring Wall.  Kneel on both knees.	
<b>Roll Down Bar Kneeling</b> 1. Thigh Stretch 1 2. Thigh Stretch 2 3. Side Bend Overhead <i>Repeat on other side</i> 4. Lat Press with Side Bend <i>Repeat on other side</i> 5. Kneeling Lunge Stretch to Hamstring Stretch	Roll Down Bar attached to top hooks. Kneel facing Spring Wall, Roll Down Bar in hands.  Kneel Facing Side holding Roll Down Bar overhead. Hold Hold Bar in hand closest to it.  Kneeling lunge facing Spring Wall holding bar in both hands.	<b>4-6 each</b>

### Programming Tips

This workout can be performed with the Tower or Cadillac. Note: Not all exercises are for everyone, so pick and choose which ones will work best for you or your client.

### Quick Reference Photos



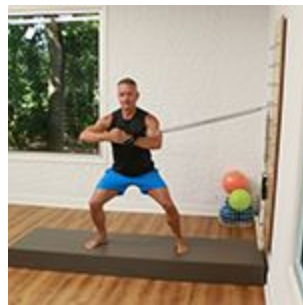
Squat with Row



Spine Flexion



Spine Extension



Side Squat



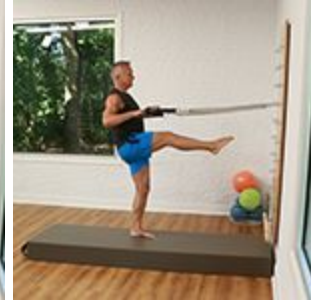
Side Squat with Rotation



Lunge Back



Add Knee Lift



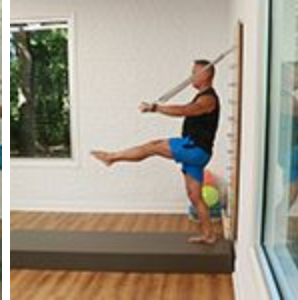
Add Knee Extension



Forward Lunge



Add Knee Lift



Add Knee Extension



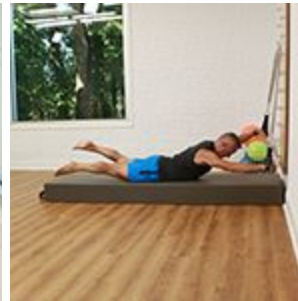
Roll Down with Extension



Lean



Twist Around the World



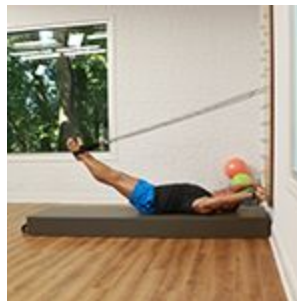
Swimming



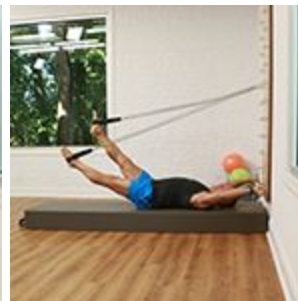
Butterfly



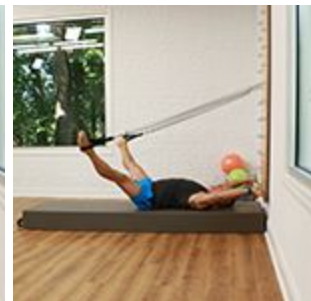
Bend and Stretch



Beats



Walks



Leg Circles

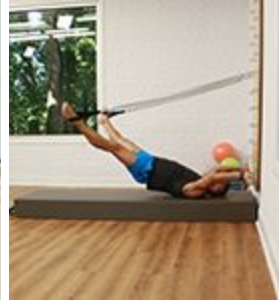




Magician Beats



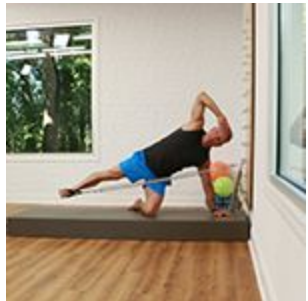
Magician Walks



Magician Circles



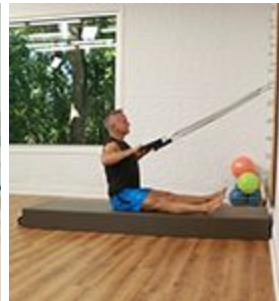
Side Kneeling Bend Stretch



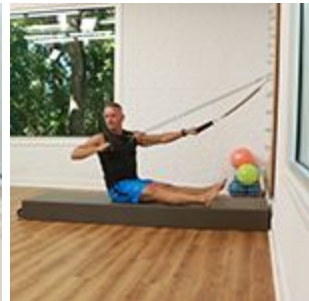
Lift and Lower



Circles



High Row



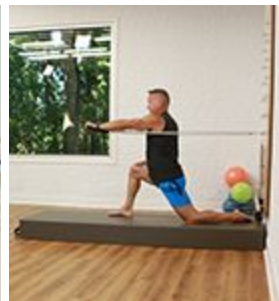
Reciprocal High Row



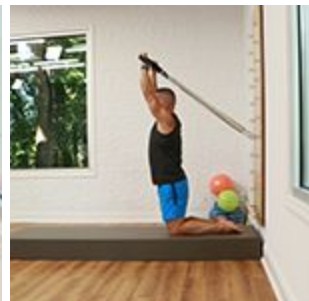
Low Row



Biceps Curls



Lunge Uni-Chest Press



Triceps Overhead



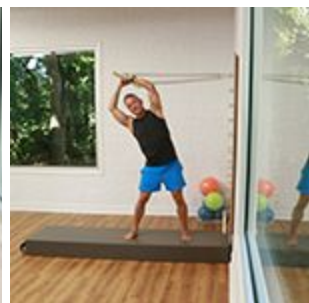
Ab Machine



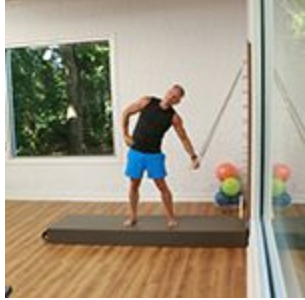
Thigh Stretch 1



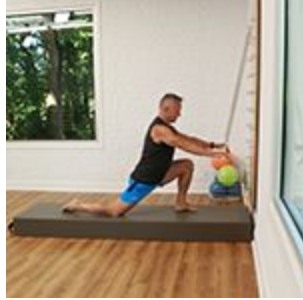
Thigh Stretch 2



Overhead Side Bend



Lat Press Side Bend



Lunge Stretches