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**CADILLAC ADVANCED PROGRESSIONS**

**NO SPRING MONKEY**

Sit at tower end.  No springs.  Place hands and feet on bar.  Extend legs to ceiling.  Bend knees to chest.  Extend legs out.

**SINGLE LEG NO SPRING MONKEY WITH TWIST**

Place one foot on bar in Pilates stance.  Place other foot on pole.  Extend leg to ceiling.  Bend knee to chest.  Extend over table.

Extend leg to ceiling.  Lift outside arm off bar.  Twist to side.  Lower arm to table.  Lift arm twist to foot.

Repeat with other arm.

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**ROLL OVER AND TENDON STRETCH**

No spring on Tower bar.

Lie on table with hands on Tower bar. straight line wrist to shoulder. Straight legs.

 Bend one knee and place on tower bar.  Place hands on the table next to body.  Straighten and bend leg.

Repeat with other leg.   Bring both legs onto bar and straighten bend -- five times

Bend knees and hold bar.

Extend legs both legs over head.  Roll torso down bringing legs under bar. Bring bar over torso, roll up to teaser.

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**OBLIQUE LIFT**

One spring on tower bar.  Lie on side.  Place hands on tower bar. Lift torso to side stretch.  Lower.  Lift torso.  Release top arm from bar.  Leg lifts.  Place hand on bar.  Release bottom arm from bar.  Leg lifts.

**PARAKEET**

One or two springs from above on tower bar

Begin lying on back with feet on the tower bar.

Begin lying on back with feet on the tower bar.

Bend knees to chest and straighten legs to ceiling.

Bend knees to chest

straighten legs out in front of you 4 times.

Bend knees to chest, straighten up to ceiling

Roll torso up one vertebra at a time and roll down.  4 Times.

Bend knees to chest.  Push bar to straighten legs.  Roll torso up and roll down.   4 times

Bend knees to chest, straighten out in front of you

Bend knees to chest and roll torso up while straightening legs.

Bend knees to chest and roll torso down while straightening legs out in front of you.  2 Times.

Roll torso up.

Extend one leg overhead toward table.  Lift to bar.

Alternate legs 4 times

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**OVERHEAD PULLS AND SWAN**

Place roll down bar in med high hooks.  Light springs.  Lie prone on Cadillac.  Hold bar in both hands.

**Overhead Pulls** -- Pull bar overhead. 4 times

**SWAN --** Bring legs apart in slight turn-out.

Pull bar down lifting torso up.

Lift torso up and hold.  Press bar down.

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**HIP LIFT AND LEG CIRCLES**

Lie on your back on the Cadillac. Place your foot in one leg spring.

Extend your leg to ceiling.  Cross your leg over your torso, flex and point your foot.

Lift your hip up.  Press it back to the table.

Extend your leg out at hip level.  Flex and point your foot.  Lift your opposing hip  up toward your foot.  Press back to the table.

Circle your leg, keeping both hits stable on the Cadillac.

Reverse the circle

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**CROSS SPRING SINGLE LEG SERIES**

Lie on back on Cadillac.  Place one leg in light spring across Cadillac.  Bring leg to L position.

**Open and Sweep**

Open leg to side.

Lift to ceiling. 4 times

Hold leg out at side.  Turn torso and reach arm front.

Sweep leg front bringing arm back in opposition. 3 times

**Sweep with Circle**

Sweep leg front bringing arm back in opposition.

Roll torso to table.  Circle leg to ceiling.

As it lowers back, roll torso over bringing arm front and circle around.

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**AIRPLANE WITH SINGLE LEG VARIATION**

Lie on table. Place legs over breathing bar.  Bring knees ti chest.  Roll torso up.  Press out on diagonal.  Lower torso to table.

Reverse movement pattern.

**Single Leg Variation**

Lift one leg off bar.  Place on knee or on bar.  Repeat movement pattern and reverse.

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**RUSSIAN SQUATS AND STANDING LEG STRECTCH**

Stand on Cadillac.  Hold Tower bar.

Bend and Straighten legs.  Repeat with single leg.

Place one foot on bar.  Bend and straighten.  Bend and straighten to ceiling.

Press upward.

Repeat side.

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**ROLL OVER, JACK KNIFE TEASER COMBINATION**

Place springs with hand straps on trapeze bar.

Sit in center of table.  Place hands in straps.

Lie on table.  Roll over, press up to jack knife.  Lower legs parallel to table.

Roll torso down.  Roll up to teaser.

Lift and lower torso.

Lift and lower legs.

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**SPINE STRETCH FORWARD SERIES**

Place springs with hand straps on trapeze bar.

Sit in center of table.  Place hands in straps.

Spine Stretch forward, pressing straps down.

Open arms to sides of body and arch upper back.

Round torso forward.  Circle arms back.

Circle one arm front.  Circle other arm front.

Lengthen spine to hinge position.  Sit up.

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