

PLATINUM PILATES ACADEMY

MODULE 5 — CADILLAC / TOWER WEEKEND AGENDA

Saturday May 2 & Sunday May 3 | 10:00 – 16:00

DAY 1 — SATURDAY MAY 2 | FUNDAMENTAL CADILLAC / TOWER

10:00 – 10:15 Cadillac Theory, History & Apparatus Orientation

Historical origin of the Cadillac, purpose and versatility, laboratory / physiotherapy clinic / playground concept, anatomy of the apparatus, spring safety, client populations, men vs. women historical starting points, and understanding that Cadillac is taught through intelligent programming rather than one strict formal order.

10:15 – 10:30 Full Classical Mat Warm-Up Flow

The Hundred | Roll Up | Roll Over | Single Leg Circle | Rolling Like a Ball | Single Leg Stretch | Double Leg Stretch | Single Straight Leg Stretch | Double Straight Leg Stretch | Criss Cross | Spine Stretch Forward | Open Leg Rocker | Corkscrew | Saw | Swan | Single Leg Kick | Double Leg Kick | Thigh Stretch | Neck Pull | High Scissors | High Bicycle | Shoulder Bridge | Spine Twist | Jackknife | Side Kick Series | Teaser | Hip Circles | Swimming | Leg Pull Back | Leg Pull Front | Kneeling Side Kicks | Side Bend | Boomerang | Seal | Crab | Rocking | Control Balance | Control Push Ups

10:30 – 13:30 Morning Cadillac Instruction

Supine Introduction: Breathing, Footwork, Supine Scapular Series, Supine Arm Springs, Supine Leg Spring Series (Frog, Circles, Walking, Beats), 90-90

Purpose: Introduce spring resistance safely while establishing breath, scapular stability, pelvic organization, leg alignment, and assistance vs. resistance through the classic Cadillac leg spring vocabulary.

Seated Spring Intro: Roll Down, Seated Push Through, Seated Pull Down

Purpose: Teach spinal articulation against spring feedback and upright powerhouse support.

Prone Spring Work: Prone Hamstring Curls, Prone Arm Springs

Purpose: Awaken posterior chain activation and back-body awareness in extension.

Kneeling Work: Thigh Stretch, Kneeling Back Bend

Purpose: Challenge hip extension, thigh connection, and kneeling balance.

Side Lying Series: Side Lying Leg Springs

Purpose: Isolate lateral hip control and pelvic stability.

Supine Challenge Return: Teaser

Purpose: Test higher abdominal demand and full-body coordination with spring understanding.

Standing Series: Standing Leg Springs, Spread Eagle, Pliés, Squats Standing on Table, Pull Ups Standing on Table

Purpose: Bring Cadillac into upright functional loading and confidence-building challenge work.

13:30 – 14:00 Lunch Break

14:00 – 16:00 Teaching Lab Rotations (Groups of 3)

Students will be placed into triads consisting of one Teacher, one Mover, and one Observer. During each lab round, the Teacher verbally instructs the assigned exercises using EPIC cueing and tactile corrections, the Mover performs exactly as cued while offering body feedback, and the Observer tracks spring setup, teacher positioning, clarity of cueing, safety, and transition organization. After each round, all three participants rotate roles so every trainee experiences the apparatus through all teaching lenses.

Round 1: Setup & Safety Mastery.

Round 2: EPIC Cueing Application.

Round 3: Build a Mini Fundamental Cadillac Flow.

DAY 2 — SUNDAY MAY 3 | INTERMEDIATE / ADVANCED CADILLAC

10:00 – 10:15 Full Classical Mat Warm-Up Flow

The Hundred | Roll Up | Roll Over | Single Leg Circle | Rolling Like a Ball | Single Leg Stretch | Double Leg Stretch | Single Straight Leg Stretch | Double Straight Leg Stretch | Criss Cross | Spine Stretch Forward | Open Leg Rocker | Corkscrew | Saw | Swan | Single Leg Kick | Double Leg Kick | Thigh Stretch | Neck Pull | High Scissors | High Bicycle | Shoulder Bridge | Spine Twist | Jackknife | Side Kick Series | Teaser | Hip Circles | Swimming | Leg Pull Back | Leg Pull Front | Kneeling Side Kicks | Side Bend | Boomerang | Seal | Crab | Rocking | Control Balance | Control Push Ups

10:15 – 13:30 Intermediate / Advanced Cadillac Instruction

Supine Intermediate Progression: Hip Extension, Monkey, Parakeet, Tower, Hip Opener, Pelvic Press

Purpose: Deepen spinal articulation, hamstring length, pelvic lift control, and inversion readiness.

Kneeling Intermediate: Kneeling Cat

Purpose: Challenge dynamic spinal flexion/extension with more independent trunk control.

Seated / Side Intermediate: Mermaid, Side Sit Up, Reverse Push Through

Purpose: Explore lateral opening, asymmetrical trunk strength, and rotational mobility.

Standing Intermediate: Standing Arm Springs Facing In, Standing Arm Springs Facing Out, Squats with Spring or Bar

Purpose: Challenge postural endurance and upright spring control.

Prone Advanced Extension: Swan, Dolphin

Purpose: Develop advanced spinal extension and posterior chain power.

Hanging Preparation: Pull Ups Hanging, Half Hanging, Full Hanging

Purpose: Teach decompression, shoulder suspension, powerhouse lift, and teacher spotting confidence in overhead supported work.

Advanced Challenge Finale: Magician, Semi Circle

Purpose: Integrate mobility, control, strength, and advanced spring navigation.

13:30 – 14:00 Lunch Break

14:00 – 16:00 Advanced Teaching Lab Rotations

Students remain in Teacher / Mover / Observer groups. The afternoon begins with a master trainer spotting demonstration for hanging and inversion safety. Students then rotate through Independent Setup Mastery, Spotting & Hands-On Assistance, and Build an Intermediate / Advanced Cadillac Flow.