

Cadillac - Classical Often Used Exercises

Traditional Ending:

- Breathing
- Spread Eagle
- Pull Ups
- Hanging Pull Ups
- Twist Pull Ups
- Half Hanging, Full Hanging, Hanging Twists
- Squirrel, Flying Squirrel

Rollback Bar

- Roll Down
- One Arm Roll Down
- Breathing
- Chest Expansion
- Thigh Stretch
- Long Back Stretch
- Rolling In and Out
- Rolling Stomach Massage

Rollback Bar - Standing

- Squats
- Side Arm
- Shaving
- Bicep Curls - (low hooks)
- Zip Up - (low hooks)

Leg Springs

- Circles
- Walking
- Beats
- Bicycle

- Small Circles
- Frogs
- In the Air - Circles
- In the Air - Walking
- In the Air - Beats
- In the Air - Bicycle
- Airplane

Side Leg Springs

- Front/Back
- Up/Down
- Small Circles
- Big Circles
- Bicycle

Arm Springs

- Flying Eagle
- Press Down
- Circles
- Triceps
- Press Down Side

Arm Springs Standing

- Squats
- Hug
- Boxing
- Shaving
- Butterfly
- Side Arm
- Fencing

Push Thru Bar

- Tower
- Monkey
- Teaser
- Reverse Push Thru
- Mermaid Sitting
- Swan
- Shoulder Roll Down

-Push Thru

Monkey on a Stick / Semi Circle

Ballet/Leg Stretches

- Front
- Back
- Side