

Tower & Cadillac Spring Setup for Classical Workouts

This guide works for all brands of equipment

→ Springs feel too light?	→ Springs feel too heavy?
1) scoot slightly farther away from the hook 2) reduce range of motion & focus on control 3) try a slightly higher hook or a heavier spring	1) scoot back slightly towards the hook 2) switch to a lighter spring or add an extra clip 3) try a slightly lower hook or lighter spring

Classical Arm Springs Setup (For exercises seated & lying down)

Tower	Kneel on your mat next to Tower hooks. Choose the hook that is near the level of your belly button.
Cadillac	Kneel on your Cadillac bed next to the Push Thru Bar hooks (if you don't have hooks here, kneel on the other end). Choose the hook that is near the level of your belly button.

Classical Leg Springs Setup

Tower	Kneel on your mat next to Tower hooks. Choose the hook that is near the level or slightly below your shoulder.
Cadillac	Stand next to your Cadillac bed on the Rollback bar end. Choose the hook that is near the level of your shoulder

Classical Standing Arm Springs Setup

Tower & Cadillac	For Standing Arm Springs, choose a hook just above your shoulder level.
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Classical Standing Leg Springs Setup

Tower & Cadillac	For standing leg springs, choose the hooks on the Tower or Cadillac base and stand on the floor.
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Classical Rollback Bar Setup

Tower	Stand on your mat next to Tower hooks. Choose a hook near the level of your shoulder.
Cadillac	For all exercises seated on your Cadillac use the hook on the top of the frame. For standing exercises outside the Cadillac, choose a hook near the level of your shoulder.

Classical PushThru Bar Top Spring Setup

Tower	Hold your PushThru Bar up in line with the vertical poles. Choose the hook that is one hand width from the end of the PushThru Bar. With the spring on, the bar should hang above a 90 degree angle.
Cadillac	Use the hook at the top of the Cadillac frame.

SAFETY CHECK DURING SETUP:

Do the double hooks look worn?

Are spring & chain quick links screwed shut? (they can come undone)

Are there kinks in springs or open spaces?

Are straps worn through or unraveling?