

Intensive Cadillac



Once a foundation in Matwork and Reformer programming has been established, this course is the next step in enhancing your exercise repertoire. Learn how to challenge clients to help them reach their conditioning goals, while diversifying programming and building workouts with impact on the Cadillac Trapeze Table.

ICAD prepares you to teach Level 1 (Essential and Intermediate) exercises on the Cadillac Trapeze Table. Learn to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 125 exercises plus modifications on the Cadillac.

Instructors Learn

- w Effective use of the equipment to enhance torso stability and strength, peripheral conditioning, joint stability, flexibility, balance and coordination
- w How to develop dynamic programs in a full studio environment
- w Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- w Modifications for specific body types, postural issues and conditions
- w Exercise layering related to effective program design

Prerequisites



Equipment Presented

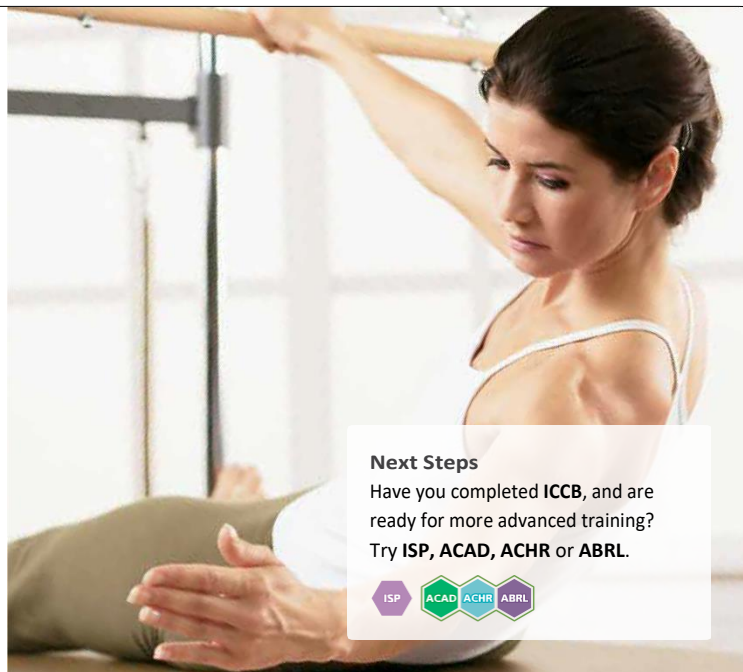
- w Cadillac Trapeze Table
- w Rotational Disks
- w Mini Stability Ball™
- w Foam Cushions A & C
- w Eco-Friendly Pilates Pad
- w Padded Platform Extender

Required Course Materials

- w 2 manuals: *Essential Cadillac*; *Intermediate/Advanced Cadillac*
- w 2 DVDs: *Essential Cadillac, 2nd Ed*; *Intermediate Cadillac, 2nd Ed*

Recommended Materials

- w DVDs: *Advanced Cadillac*; *V2 Max Plus Programming*; *Rotational Disks*



Next Steps

Have you completed ICCB, and are ready for more advanced training? Try **ISP, ACAD, ACHR** or **ABRL**.



Duration

25 hours – In addition, students are required to complete:

- w Observation – minimum 10 hours
- w Practice teaching – minimum 10 hours
- w Physical review – minimum 15 hours

Certification

The Intensive Cadillac, Chair & Barrels course has been restructured into three separate modules. Completion of all three modules as well as Matwork and Reformer is required to be eligible for certification. Students may certify in CCB, Level 1 by taking both a written and practical exam. Please note there is a fee associated with the exam and all exams are cumulative.

Cost for Students

Cost per person: £ 750

Course materials: Purchase direct - nick.cunningham@merrithew.com

Notes: _____

CECs: 2.5

Upcoming Training Schedule

Date(s): 23-25 February 2024 & 08-09 March 2024

Time(s): Fri 13.00 – 18.30 Sat/Sun 09.30 – 15.00

Notes: Please bring a packed lunch

For more information and to register go to our website: www.oxfordshirepilates.co.uk and follow the instructions.

The course details are under the tab 'Courses'

ENSURE YOU MAKE YOUR DEPOSIT PAYMENT TO SECURE YOUR PLACE.

