

*Syllabus From Cadillac to Guillotine*  
*Real Pilates Workshop*  
*Presented by Melissa Castro-Schmidt*

**Description**

*Joseph Pilates Cadillac was developed during World War I on the Isle of Man, off the coast of England. Mr. Pilates was creative with the materials available to him. He started to fasten poles with springs to hospital beds which enabled patients to exercise their muscles as well as regain strength, flexibility, and stamina. This was the original Cadillac.*

*Years later with the Guillotine, he created another apparatus also called "Gym in a Door", developed with a sliding bar in the center of the apparatus, and springs attached from the floor or ceiling. This forces the work to be evenly distributed to keep the bar straight. Both structures were created to help clients increase strength in the Powerhouse, mobility and stability in the spine and renew vigor.*

*The next list of exercises is an effective preparation pairing and progression between these two apparatuses.*

**Objectives**

**The student will learn** *how to navigate exercises from Cadillac to Guillotine.*

*Also, they will learn the proper use of the Tens-o-meter for the neck and basic skills teaching Monkey, Tower, Teaser and Semi-Circle on the Guillotine.*

**Attendees** *would be provided with some of the exercises that can be practiced on the Guillotine. They will explore how to develop exercises from Cadillac to Guillotine and work on strengthening the neck muscles and the correct form and position.*

**Participants** *will be able to select these exercises to address a client's individual needs.*

*As Mr. Pilates wrote: "if any part of your body is underdeveloped select Contrology exercises specifically designed to correct the respective conditions, however be sure to never repeat the selected exercises more than the prescribed number of times since more harm will be resolved than good."*

## Exercises

### Guillotine Introduction

#### Leg Springs

Circles  
Walking  
Bicycle

Somersault Mount  
Tower  
Monkey  
Teaser

### TRANSITION

Semicircle on the floor / Thigh Stretch

*Practice*

*Star /can be done in a duet.*

Press down / Ballet stretches / Mat up.

Standing Arms Springs

Boxing /Heels up

Hug

Shave  
Chest Expansion / Heels up

Butterfly

Rounding in and out

Swakate

*Practice*

### Neck Stretcher

Neck stretcher (*Just 2 reps* )

Squats with PTB

Seated Forward Bend with Neck Stretcher

Neck Stretcher Lunge

Semi-circle

Side Bend /Mermaid

Hanging /beets / circles

### **Materials**

1. *Workshops with Alycea Ungaro*
2. *Notes from classes with Alycea Ungaros and Daniel Lyon*
3. *Videos from Mejo Wiggin, Dorothee Vandewalle and Lesly Logan*
4. *Archival photos from Joseph Pilates.*