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The Cadillac is a bed shaped platform surrounded by a metal frame that holds: the push bar, trapeze bar, back rolling bar and springs to the arms and legs that provide a variable resistance.

The exercises are executed in this unit focus primarily on the work of the legs, abdomen, hips and chest, while being especially beneficial for people who have not a very flexible back.

In addition, this device is designed to prevent the elderly or injured have to stoop to the ground as it has the proper height to facilitate the development of such clients.?

**Title** : The Cadillac  
**Author** : Javier Pérez Pont & Esperanza Aparicio Romero  
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