PILATES REFORMER 1 TEST

Name__________________________          Date_______________     Training Location______________

TOTAL POINTS 105, PASSING IS 74

1) List the 9 Pilates Principles (1 point each - 9 points)
   1) 
   2) 
   3) 
   4) 
   5) 
   6) 
   7) 
   8) 
   9) 

2) Name 4 Pilates Movement Principles and list one Reformer exercise you would use to teach that principle (2 points each - 8 points)
   1) 
   2) 
   3) 
   4) 

3) Placing the springs on the A or pre-loaded position on the Reformer makes the resistance (1 point)
   easier     harder     (circle 1)
4) List the color coding of the Balanced Body Reformer springs from lightest to heaviest (4 points)
   (light)  1)
   2)
   3)
   (heavy) 4)

5) In the footwork exercises, the footbar should ideally be adjusted so the client has a _______degree
   angle at their hips. (2 points)

6) Name three ways to adjust the fit of the Reformer for clients with knee and hip injuries that don’t
   tolerate deep flexion? (2 points each - 6 points)
   1)
   2)
   3)

7) Name 5 pieces of exercise equipment that Joseph Pilates invented. (1 point each - 5 points)
   1)
   2)
   3)
   4)
   5)

8) Circle any Reformer exercises that are contraindicated for clients with osteoporosis:
   (Circle all that apply) (2 points each - 4 points)
   Swan  Feet in Straps  Hundreds  Kneeling abdominals  Arm work sitting
   Short Box Abdominals
9) Circle any Reformer exercises that are recommended for clients with osteoporosis:
(Circle all that apply) (2 points each - 10 points)

Footwork  Rollbacks  Feet in Straps  Pulling Straps  Standing  Short Box Abdominals
Swan  Arm Work - Facing Back

10) What points must line up for correct leg alignment when viewed from the front and from the side?
(2 points each - 6 points)

Front  Side

Hip:
Knee:
Ankle:

11) Name 3 common leg misalignments and describe them. (2 points each - 6 points)

1) 
2) 
3) 

12) List 2 Reformer exercises that require caution when working with clients with low back problems. (2 points each - 4 points)

1) 
2)
13) For each of the Reformer exercises below, list the key areas that are working. Note that most of the exercises will have several answers. Try to list them from most important to least important.

Categories:

- Strength - Abs - Abdominal exercises (sagittal and oblique)
  - Lat - Lateral flexion exercises
  - Rot - Torso rotation exercises
  - Back - Back extension exercises
- Lat - Lateral flexion exercises
- Rot - Torso rotation exercises
- Back - Back extension exercises
- Legs - Lower body - Hip, leg and ankle exercises
  - Arms - Upper body - Shoulder and arm exercises
- Stability - SS - Upper body - Scapular stability exercises
  - PS - Lower body - Lumbopelvic stability exercises
- Stretches - St - Stretches

For example: Supine arm work – Arms, Abs, SS, PS

Footwork
Rollbacks
Supine Arm Work
Hundred
Kneeling Abdominals
Feet in Straps
Long Box - Pulling Straps I, II
Short Box Abdominals
Bridging/Pelvic Lift
Knee Stretch
Long Stretch
Arm Work – Facing Straps
Standing
Lunges
Side Stretch/Mermaid/Cleopatra
14) Design a class using 10 - 15 Reformer exercises that includes work for all the major muscle groups. Indicate the focus of the class, list the exercises in order and include the number of repetitions. (40 points total)

Class focus:
1) 
2) 
3) 
4) 
5) 
6) 
7) 
8) 
9) 
10) 
11) 
12) 
13) 
14) 
15)