

## FINAL QUIZ, Spring 2006

Name \_\_\_\_\_

Pilates-Based Exercise

20 points total

### ***Fill-In: 1 point each, 5 total***

Write the correct answer in the spaces provided.

1. Pilates exercises focuses on an area of the body that Joseph Pilates called the \_\_\_\_\_,
2. which encompasses muscles from the \_\_\_\_\_,
3. \_\_\_\_\_, and
4. \_\_\_\_\_.
5. In the exercises performed with straight legs, the knee should be extended so it's straight, but not \_\_\_\_\_.

### ***Short Answer: 5 points each, 15 total***

Provide a concise answer for the following questions – these are pointers mentioned in class.

What factor/s limit the range of motion you use when doing the leg circles?

In seated exercises such as the spine twist and saw, describe the posture you should strive to achieve when rotating back to the center.

Describe your spinal position for the rolling exercises, such as rolling like a ball, open leg rocker, and the seal.