Fill-In: 1 point each, 5 total
Write the correct answer in the spaces provided.

1. Pilates exercises focus 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.