

Pilates Illustrated

CORRESPONDENCE EDUCATION PROGRAM # 2013-135.

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Pilates Illustrated
Course Objectives

After completing the Pilates Illustrated course, the participant will:

1. Be familiarized with the history, benefits, and principles of Pilates
2. Gain information on how to start your Pilates practice
3. Understand the physical and mental benefits
4. Understand how breathing affects movement and how to breath correctly so as to move with efficiency and ease
5. Become familiar with over 100 Pilates exercises as well as cues to get your client in the correct position
6. Learn the benefits of each move as well as contraindications
7. Understand how to incorporate exercises that use the stability ball, Pilates ring, and the stretch band
8. Become familiar with designing programs for weight loss, morning and evening workouts, the total body band, and advanced Pilates on the ball



Pilates Illustrated Course Examination

For each of the following questions, circle the letter of the answer that best answers the question.

1. Benefits of Pilates includes all of the following EXCEPT:
 - A. Improved overall posture
 - B. Increases in flexibility
 - C. Creates body awareness
 - D. Develops short, strong muscles

2. What is the biggest goal of Pilates?
 - A. Flexibility
 - B. Lean muscles
 - C. Agility
 - D. Core strengthening

3. How many exercises made up the original Joseph Pilates mat exercises?
 - A. 57
 - B. 100
 - C. 27
 - D. 34

4. Which of the following is not one of the six principles of Pilates?
 - A. Control
 - B. Engagement
 - C. Centering
 - D. Precision

5. What is the foundation of Pilates movement?
 - A. Control
 - B. Precision
 - C. Breath
 - D. Flowing movement

6. Contraction of what muscles will help engage the transverse abdominus?
 - A. Pelvic floor
 - B. Rectus abdominus
 - C. Gluteus maximus
 - D. Obliques

7. How long did Joseph Pilates recommend each day for his exercises?
 - A. 15 minutes
 - B. 20 minutes
 - C. 30 minutes
 - D. 45 minutes
8. What is the best drink in order to stay hydrated during a Pilates workout?
 - A. Organic fruit juices
 - B. Sport drink
 - C. Water
 - D. Protein drink
9. Which statement is incorrect when performing the Shoulder Warming exercise?
 - A. It promotes better breathing
 - B. It helps to increase ROM of the scapula
 - C. Shoulder injuries contraindicate this exercise
 - D. This is an intermediate exercise
10. The focus of the Heel Raise with Squat exercise is:
 - A. Core and legs
 - B. Core, legs and arms
 - C. Core and arms
 - D. Legs and arms
11. How long should the Arm Stretch be held?
 - A. 3-4 seconds
 - B. 3-4 breaths
 - C. 30 breaths
 - D. 10 seconds
12. Which of the following cues for the 2nd part of the Leg Stretch is incorrect?
 - A. Stay tall when returning to the standing position
 - B. Keep the inner thighs close or touching
 - C. Feel the tailbone pointing downward
 - D. Press the hips slightly posteriorly to intensify the stretch
13. When performing the Pelvic Clock, what position is the pelvis at 12 o'clock?
 - A. Neutral
 - B. Anteriorly tilted
 - C. Posteriorly tilted
 - D. Laterally tilted
14. When performing the Roll-Down, what should the client do if the hamstrings are tight?
 - A. Round the back
 - B. Rest the forearms on the thighs and keep the knees bent
 - C. Push your way through to improve
 - D. Avoid the exercise
15. Which protocol is incorrect for the External Rotation with Arms?
 - A. The tailbone should point downward
 - B. Placing the knees further apart makes the exercise more challenging
 - C. Press the shoulders away from the ears during the inhalation
 - D. Palms are supinated

16. If you have trouble maintaining your balance during the Oblique Crunch, you should:
- A. Limit your rotation
 - B. Slow the movement down
 - C. Tuck your toes underneath you and press your feet into the mat
 - D. Avoid the exercise
17. Which statement is true regarding the Tail Wag exercise?
- A. Bend the elbows if you have bad knees in order to shift your weight off the knees
 - B. It is an intermediate level exercise
 - C. It is a good exercise for those with spinal issues
 - D. It warms up the hamstrings
18. What modification should be performed for the Sternum Drop if you have wrist problems?
- A. Switch to the Shoulder Warming exercises instead
 - B. Bend the elbows
 - C. Lean your weight on your forearms
 - D. Round the back
19. Which statement is true regarding side-lying mat exercises?
- A. It is an excellent way to stretch the shoulders
 - B. You must complete all exercises on one side, then switch in order to get the full benefits
 - C. The order of the exercises can be changed for variety and greater challenge
 - D. They are all beginner exercises
20. Which statement is false concerning side-lying mat exercises?
- A. Stack your feet, ankles, knees, and hips as if you were standing
 - B. Legs should be just slightly behind the body creating a slight angle at the hips
 - C. Additional padding for your hips is not always recommended
 - D. Comfort is the primary factor when choosing side-lying exercises
21. How can you make the leg lift exercise more challenging?
- A. Internally rotate the top leg
 - B. Externally rotate the top leg
 - C. Flex the waist
 - D. Sit up slightly to shorten the waist
22. Which is not a benefit to performing the Front Kick exercise?
- A. It strengthens the hip muscles
 - B. It improves control and stability of the pelvis
 - C. It stretches the hip flexors
 - D. It strengthens the medial thigh muscles
23. Which muscle is not the focus for the Side-lying Bicycle exercise?
- A. External hip rotators
 - B. Hip flexors
 - C. Buttocks
 - D. Internal hip rotators
24. Which of the following is not a benefit to the Oppositional Stretch?
- A. Strengthens back flexors and buttocks
 - B. Lengthens the torso
 - C. Mobilizes the shoulders
 - D. Activates the core muscles

25. Which of the following is incorrect technique for the Single-Leg Kick?
- Slide the shoulders down the back
 - Place the forearms directly underneath your shoulders
 - Keep the foot plantarflexed
 - Pulse the foot towards the buttocks 2 times
26. How can you properly make the Swan exercise more challenging?
- Squeeze the legs together
 - Keep the elbows bent
 - Press into the hands as you lift your upper body
 - Reach forward with the arms as you rock forward
27. Which is not a basic starting position for the pelvis/spine during supine mat exercises?
- Neutral
 - Tilted
 - Imprinted
 - Supported neutral
28. Which is not a benefit for the Supine Leg Circle?
- Strengthens the abdominals
 - Warms up the hip joint
 - Encourages movement of the musculature of the scapula
 - Increases flexibility in the hips and legs
29. How many repetitions are suggested for the Pelvic Peel?
- 10-15
 - 8-12
 - 2-4
 - 4-6
30. Which technique is incorrect for the Hundred?
- Inhale and pulse the arms for 5 counts
 - Press the arms into the floor
 - Repeat the entire sequence 10 times
 - To make it more challenging, straighten the legs above the hips
31. If the lower back is tight, what modification should be made during the Roll-up?
- Use supported neutral for the starting position
 - Bend the knees
 - Place a block under the shoulders
 - Use momentum to lift up
32. Which technique is incorrect for the Single-leg Stretch?
- Draw the knee in until the tailbone lifts off the mat
 - Extend one leg to 45 degrees
 - As you draw the knee in, hold the position for a 5-10 count
 - Keep the head down throughout the exercise if the neck hurts
33. When performing the Double-leg Stretch, the appropriate position of the legs for step 2 is:
- 1 inch from the floor
 - 30 degrees
 - 45 degrees
 - 90 degrees

34. Which is not a correct cue for the Single Straight-leg Stretch?
- Breathe as you pulse
 - Shoulders press away from the ears
 - Keep legs slightly bent if needed
 - Lift the tailbone slightly from the mat
35. Which is false concerning the Teaser?
- It teaches spinal articulation
 - It is an advanced exercise
 - It is contraindicated for those with chronic conditions of the torso
 - It strengthens the hip flexors
36. How should you modify the Shoulder Bridge for tight hamstrings?
- Straighten the leg on the floor
 - Avoid tucking the pelvis by bending the lifted leg slightly
 - Press down hard with the hands into the floor
 - Lift the neck as the leg is lifted
37. The Corkscrew exercise is:
- An advanced exercise
 - Safe for pregnant women
 - Appropriate for those with neck conditions
 - Focusing on quadriceps
38. Which of the following is not a correct cue for the Neck Pull?
- Keep the elbows in
 - Use a strong forceful exhale to help you roll up
 - Shoulders stay away from the ears
 - Press your heels into the ground
39. Which statement is incorrect for the Scissors?
- It stretches the hip flexors
 - It stretches the hamstrings
 - It strengthens the abdominals
 - It increase back strength
40. Which cue is incorrect for the Bicycle?
- Do not roll onto the neck
 - The leg over the head is parallel with the mat
 - Avoid using your arms to help lift your body off the mat
 - Press the spine into the floor evenly
41. Which cue is incorrect for the Jackknife?
- Lower the chin towards the chest
 - Lift your body towards the ceiling using your core and not your arms
 - Exhale as you roll the lower body off the mat
 - Exhale as you lift the legs toward the ceiling
42. Why is awareness of movements of the feet and ankles important for seated mat exercises?
- It helps perform the exercises correctly
 - It helps with balance and stability when standing
 - It helps elongate the torso
 - It helps to relax other areas of the body

43. All of the following are benefits for the Spine Stretch: Forward and Side EXCEPT:
- A. Teaches correct sitting posture
 - B. Lengthens the spine
 - C. Decreases mobility of the shoulder joint
 - D. Strengthens the core
44. Why would a bolster need to be used for the Footwork Series?
- A. If the exercise needs to be more challenging
 - B. If the ankles lack proper ROM
 - C. If the floor is too hard
 - D. If the hamstrings are tight
45. Which statement is incorrect concerning the Rolling Like a Ball exercise?
- A. It is an advanced exercise
 - B. It increases flexibility in the lower back
 - C. It focuses on the muscles of the scapula
 - D. It strengthens the core
46. Which technique is not correct for the Open Leg Rocker exercise?
- A. Sit balance between the sit bones and the tailbone
 - B. Exhale to help you sit tall and upright in the starting position
 - C. Avoid rolling onto the neck
 - D. Exhale as you roll back up into a seated position
47. All of the following are benefits to the Spine Twist exercise EXCEPT:
- A. Teaches correct sitting posture
 - B. Increase mobility in the spine
 - C. Increases stability in the shoulder joint
 - D. Focuses on back muscles
48. Which is incorrect for the starting position for the Saw exercise?
- A. Keep the arms at shoulder height
 - B. Flex the feet
 - C. Sit with your feet and legs at shoulder width
 - D. Turn the palms towards the floor
49. Which of the following exercises is considered advanced?
- A. Boomerang
 - B. Seal
 - C. Saw
 - D. Spinal twist
50. When sitting on the exercise ball, which of the following is incorrect form?
- A. Shoulders are relaxed
 - B. The butt is on the ball itself
 - C. Knees should be a 90 degrees
 - D. Feet and knees are a little wider than hip-width
51. Which is not correct positioning for the modified side-lying position on the stability ball?
- A. Place your bottom hand on the mat
 - B. The top leg should be at or just below hip height
 - C. Place the knee on the mat at a 90 degree angle
 - D. The top arm's hand is behind the head

52. Which ball size is correct for someone who is 5 feet 7 inches?
- 65 cm
 - 55 cm
 - 75 cm
 - 45 cm
53. Which beginner exercise on the stability ball trains the core for balance and coordination while building aerobic capacity, balance, and strength in the legs?
- Roll up variation with the ball
 - Pelvic clock with stretching on the ball
 - Roll over pass the ball
 - Bouncing in place
54. What will the heart rate do when you raise the arms on the ball?
- Lower
 - Rise
 - Become irregular
 - Stay the same
55. The Pelvic Clock with Stretching on the Ball focuses on all of the following EXCEPT:
- Abdomen
 - Arms
 - Legs
 - Back
56. Which statement is true regarding the Bridging Variations on the Ball?
- It is safe to do if you have shoulder problems
 - It is for beginners and intermediate Pilates exercisers
 - It works the quadriceps
 - It builds lower body coordination, but not upper body coordination
57. When adding a challenge to the Bridging Variations on the Ball, the client can:
- Use a smaller ball
 - Straighten the legs
 - Lift the hips higher off the floor
 - Keep the knees bent
58. When performing the Hundred with the Ball, the head should:
- On the floor at all times
 - Lowered to the floor in between pulses
 - Be off the floor but in a comfortable position
 - Fully flexed with the chin tucked toward the chest
59. Which technique is incorrect for the Single Straight-Leg Stretch with the Ball?
- Hold the ball between the thighs
 - Squeeze the ball firmly
 - Move slowly
 - Keep the eyes focused between the thighs
60. Which statement is incorrect for the Double Straight-Leg Stretch with Ball?
- Inhale as you lift the legs to a 90 degree position
 - Keep the head in the same position throughout the exercise
 - Keep the eyes focused between the thighs
 - Allow the torso to move slightly as you lift and lower the ball

61. Which of the following techniques is correct for the Swan on the Ball?
- A. Exhale as you bend the elbows bringing the head close to the mat
 - B. Keep the legs bent and close together
 - C. Maintain a “flat back” posture throughout the exercise
 - D. Repeat 8 – 12 times
62. All of the following are benefits for the Pike Variations on the Ball EXCEPT:
- A. Strengthens the back
 - B. Creates core awareness
 - C. Strengthens the buttocks
 - D. Strengthens the quadriceps
63. How do you make the Push-up on the Ball more challenging?
- A. Use a smaller ball
 - B. Use a larger ball
 - C. Move the body forward off the ball
 - D. Lift up on the fingers
64. Which of the following exercises are considered to be advance?
- A. Side-lying leg circle on the ball
 - B. Side roll-over on the ball
 - C. Side-lying front leg kick on the ball
 - D. Side –lying leg lift on the ball
65. How many sets are recommended for the Side Rollover on the Ball exercise?
- A. 15
 - B. 7
 - C. 3
 - D. 10
66. What should you look for in a Pilates ring?
- A. No handles
 - B. Heavy weight for better workout
 - C. Large ring
 - D. Padded handles
67. Which specific leg muscle is strengthened during the Standing Single-Leg Series: Balance exercise?
- A. ITB
 - B. Quadriceps
 - C. Gluteals
 - D. Hamstrings
68. Which technique is incorrect for the Standing Arm Series first stage?
- A. Hold the ring above shoulder height
 - B. Stand in the modified Pilates stance
 - C. Hold the ring with the palms turned in
 - D. Repeat the exercise for 8-10 breaths
69. When performing the Standing Arm Series with the ring on top of the shoulder, where should you feel the contraction to stabilize the torso?
- A. Biceps and lats
 - B. Low back
 - C. Abs
 - D. Glutes

70. If your lower back is tight, what modification should be made to the starting position during Roll-up with the Ring?
- A. Neutral
 - B. Tilted
 - C. Supported neutral
 - D. Imprinted Neutral
71. All of the following should not perform the Rollover with the Ring EXCEPT:
- A. Injury to the back
 - B. Injury to the neck
 - C. Pain in the spine
 - D. Those with muscle tightness in the back
72. What is the correct leg position during the up phase of the Double Leg Stretch with Ring?
- A. Legs straight at 45 degrees
 - B. Knees bend and parallel to the floor
 - C. Knees bent and toes close to the floor but not touching it
 - D. Legs straight at 90 degrees
73. Which of the following is incorrect for the Crisscross with Ring?
- A. It teaches core control
 - B. It increases upper back flexibility
 - C. It is an advanced exercise
 - D. It focuses on the back, arms, abs, and shoulders
74. Which is not a correct cue for the Teaser Variations with Ring?
- A. Keep the back as flat as possible
 - B. Swing the arms in order to intensify the abdominal contraction
 - C. Move slowly
 - D. Lift the chest high
75. In order to make the Teaser Variations with Ring more advanced, you should
- A. Not use the ring
 - B. Hold the top position for 10 seconds
 - C. Lift the body higher off the floor
 - D. Leave the head lifted when rolling back to the floor
76. Which muscles are the focus for the Single-Leg Press?
- A. Quads and buttocks
 - B. Hamstrings and buttocks
 - C. Quads and hamstrings
 - D. Quads only
77. What muscle is the focus for the Side Lying Top Leg Press Down with the Ring?
- A. Inner thighs
 - B. Outer thighs
 - C. Hip flexors
 - D. Internal hip rotators
78. Which is not a contraindication for the Side Lying Top Leg Press Up with Ring?
- A. Injuries to the ankle
 - B. Pain in the knees
 - C. Sensitivity to the lesser trochanter
 - D. Chronic neck problems

79. The side-lying Bicycle with Ring exercise works all of the following muscles EXCEPT:
- A. Internal hip rotators
 - B. Buttocks
 - C. Hamstrings
 - D. Hip flexors
80. How long should the band be?
- A. As long as your leg length
 - B. As long as your arms spread out
 - C. 3 feet
 - D. 6 feet
81. Which is not a correct way to wrap the band around your feet?
- A. Make sure the toes are spread apart
 - B. Leave a little space between the feet
 - C. Avoid wrapping the band too tightly
 - D. Place the band underneath the balls of the feet
82. When you hold the band in each arm, lift the arms up and behind the head, you are stretching the:
- A. Chest
 - B. Lats
 - C. Neck
 - D. Upper back
83. Which statement is incorrect for the Side Arm Lunge Series?
- A. It is only for beginners
 - B. It strengthens the arms
 - C. It strengthens the legs
 - D. It focuses on the buttocks, legs, arms and core muscles
84. How do you increase the Side Arm Lunge Series to an intermediate level exercise?
- A. Keep the elbow bent while holding the band
 - B. Lift the opposite leg
 - C. Lift the arm holding the band to shoulder height
 - D. Lift both arms at the same time
85. Which cue is incorrect for the Double-arm Lunge Series?
- A. Move the torso straight up and down
 - B. Draw the abdominals in
 - C. Do not allow the eyes to focus down at all
 - D. Keep the front knee over the ankle
86. Which statement is incorrect for the Spine Twist with Band?
- A. It builds coordination
 - B. The spine should stay stacked throughout the exercise
 - C. It is a beginner exercise
 - D. It builds flexibility in the obliques
87. Which statement is incorrect for the Single-leg Stretch with the Band?
- A. It focuses on the core and upper body
 - B. It strengthens the arms
 - C. It tones the legs
 - D. It is an advanced exercise

88. Which of the following techniques is incorrect for the Single Straight-leg Stretch with the Band?
- Left the head and upper body off the mat
 - Place the ends of the band on the inside of each foot
 - Exhale as you scissor the legs
 - Angle one leg at 45 degrees from the mat
89. How can you create more tension as you pull with the arms during the Diamond Leg Press?
- Cinch the band
 - Pull the band tighter
 - Wrap it tighter around your foot
 - Raise your head
90. Which procedure for the Rollover with the Band is incorrect?
- Inhale as you separate the legs to sit-bone distance
 - Inhale as you press into the hands and roll the hops over the spine
 - Repeat 4-6 times before you reverse
 - Inhale as you bring the legs together and flex the toes
91. Which statement is false for the Jackknife with the Band?
- It helps to stabilize the shoulder
 - Those with chronic elbow conditions should avoid this exercise
 - It builds upper back flexibility
 - This is appropriate for beginners
92. Which of the following cues is incorrect for the Control Balance with Band?
- Scoop the abdominals in
 - Move slowly to maintain control
 - Avoid pressing the arms to the floor
 - Keep the legs straight
93. All of the following muscles are the focus during the Leg Press with the Band EXCEPT:
- Buttocks
 - Legs
 - Abdominals
 - Back
94. How do you make the Side-lying Series With the Band more challenging?
- Prop the head up on a hand
 - Tighten the band
 - Flex both hips
 - Add the Pilates ring
95. In what position do most of the routines in Chapter 11 begin?
- Standing
 - Seated
 - Kneeling
 - Prone
96. The first four Pilates routines in Chapter 11 focus on all of the following EXCEPT:
- Stretching
 - Strength
 - Relaxing
 - Lengthening the body

97. Energy in the AM takes how long to complete?
- A. 5 minutes
 - B. 10minutes
 - C. 15 minutes
 - D. 20 minutes
98. All of the following exercises fall under the Better Posture program EXCEPT:
- A. Swimming
 - B. Single leg kick
 - C. Pinwheel
 - D. Push up
99. The Simple Weight-loss Pilates program is directed towards what level?
- A. Beginner and intermediate
 - B. Beginner only
 - C. Intermediate only
 - D. Advanced
100. The Total Body Strength program takes about how long to complete?
- A. 1 hour
 - B. 20-30 minutes
 - C. 10-15 minutes
 - D. 45-60 minutes