

Trapeze Table Quiz

* Required

1. Name, First and Last and Email Address *

2. The four short Trapeze/Tower Springs in order from lightest to heaviest are: * (5 Points)

- 2 short red, 2 short blue, 2 short black, 2 short yellow
- 2 short green, 2 short blue, 2 short yellow, 2 short red
- 2 short yellow, 2 short blue, 2 short red, 2 short black
- 2 short blue, 2 short yellow, 2 short red, 2 short black

3. On the Trapeze Table/Tower, how would you change the resistance of the spring to make it lighter for a particular exercise? * (5 Points)

- Move the attachment point closer to the client
- Move the attachment point farther from the client
- Use a shorter spring
- Move the client farther away from the attachment point

4. What is the "Circle of Danger"? * (5 Points)

- A Pilates principle involving circular movements
- The entire arc the push through bar can swing through
- The risk zone when using springs under tension
- A piece of Pilates Equipment developed by Joseph Pilates that can be held between the hands, knees, or ankles

5. Which of the following are a safety considerations when using the Push Through Bar on the Trapeze Table/Tower? * (5 Points)

- The height of the push through bar in relationship to your clients head when they are supine below it
- Use of the safety strap on the push through bar when you are attaching springs from the bottom (i.e. Teaser or Tower)
- All of the above

6. Which of the following Trapeze Table exercises is not within the "Circle of Danger" of the Push Through Bar? * (5 Points)

- Corolla's Breathing
- Teaser Bottom Sprung
- Flying Eagle
- Parakeet

7. Which of the following Trapeze Table exercise listed below requires use of the Safety Strap? (Select all that apply) * (5 Points)

- Footwork – Bend and Stretch
- Parakeet
- Swan with Push Through Bar
- Tower, sprung from below

8. Which of the following Trapeze Table exercises listed below take you through both spinal flexion and extension? (Select all that apply) * (5 Points)

- Advanced Swan
- Spread Eagle
- Dolphin
- Advanced Bridging

9. Which Trapeze exercise builds on the movement experiences explored in the Pre-Pilates Essentials Exercise: Bridge and the Reformer Exercise: Pelvic Lift? * (5 Points)

- Supine Arm Circles
- Side Bends
- The Hundred
- Parakeet

10. Which Trapeze Table exercise explores similar movement skills as the ones found in the Mat Pilates Exercise: Spine Stretch Forward and the Reformer Exercise: Elephant * (5 Points)

- Swan with Roll Down Bar
- Mermaid Sitting
- Push Through Front
- Double and Single Arm Pull Downs

11. Which of the following Trapeze Table exercises does NOT require upper body integration? * (5 Points)

- Advanced Swan
- Cat Walkover
- Hip Flexor Pull
- Hanging Pull Ups

12. Which statement below is not true of the Trapeze Table exercise Cat Walkover? * (5 Points)

- This is full body exercise that requires upper body and lower body integration with awareness and embodiment
- This is a beginner level exercise that can be taught to most individuals.
- This is the most advanced inversion in the repertoire

13. Which of the following exercise sequences listed below would be a safest progression for a client that is 6 months pregnant and has been practicing Pilates since before their pregnancy? * (5 Points)

- Pre-Pilates - Head Float Prone; Reformer - Overhead Press/Swan; Trapeze Table - Advanced Swan
- Pre-Pilates - Femur Folds; Reformer - Footwork, Stomach Massage; Trapeze Table - Upper Arms, Teaser Bottom Sprung, Spread Eagle, Hanging Pull Ups
- Pre-Pilates - Opposite Arm and Leg Reach Reformer - Arm Work Facing Back, Kneeling Side Arms; Trapeze Table - Chest Expansion/Thigh Stretch, Spread Eagle

14. Which of the following exercise sequences listed below would be a safest progression for a client with osteoporosis who has a strong Pilates Practice? * (5 Points)

- Pre-Pilates - Sternum Drop, All Fours Push Ups; Reformer - Kneeling Abdominals Front, Long Stretch; Trapeze Table - Supine Arm Circles, Standing Arms
- Pre-Pilates - Leg Slides; Step Barrel - Back Arch; Chair: -Side Body Twist; Trapeze Table - Push Through Back
- Pre-Pilates - Cat Cow; Reformer - Short Spine Massage; Step Barrel - Teaser Reverse; Chair -Handstands; Trapeze Table: -Spread Eagle

15. Which of the following sequences creates a progression to the Trapeze Table exercise, Footwork - Bend and Stretch * (5 Points)

- Pre Pilates Essentials - Femur Folds, Leg Slides; Reformer - Footwork; Chair - Seated Leg Pumps
- Pre Pilates Essentials - Mini Swan; Mat - Single Leg Kick; Reformer - Overhead Press/Swan, Pulling Straps
- Mat - Spine Stretch Side; Reformer - Mermaid on Seat; Chair - Kneeling Mermaid

16. Which of the following sequences creates a progression to the Trapeze Table exercise, Tower * (5 Points)

- Pre Pilates Essentials - Tail Wag; Mat - Spine Stretch Side; Reformer - Short Box Mermaid
- Pre Pilates Essentials - Cat/Cow; Mat - Spine Stretch, Saw; Reformer - Short Box Abdominals Oblique, Around the World Spear a Fish
- Pre Pilates Essentials - Femur Folds, Leg Slides; Reformer - Feet in Straps, Short Spine Massage; Step Barrel - Rolling In and Out, Roll Over

17. Which of the following sequences creates a progression to the Trapeze Table exercise, Hanging Pull Ups * (5 Points)

- Pre Pilates Essentials - Pelvic Clock; Mat - Single Leg Circles Reformer: Jumping on the Footplate
- Pre Pilates Essentials - Angles in the Snow; Mat - Spine Stretch, Saw; Reformer - Short Box Mermaid; Chair - Side Lying Obliques
- Pre Pilates Essentials - Cat/Cow; Reformer - Kneeling Abdominals Facing Back, Knee Stretch Series; Chair - Press Up with Handles

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