

BALANCED BODY - REFORMER 3 MODULE TEST

PILATES REFORMER 3 TEST

Name_____ Date_____ Training Location_____

TOTAL POINTS - 121 PASSING GRADE - 85

1) Name 4 exercises from Reformer 3 that focus on scapular stability. (1 point each - 4 points)

- 1)
- 2)
- 3)
- 4)

2) Name 3 exercises for increasing hamstring, gluteal and back extensor strength in Reformer 3. (1 point each - 3 points)

- 1)
- 2)
- 3)

3) Name 3 exercises for increasing spinal mobility in Reformer 3. (1 point each - 3 points)

- 1)
- 2)
- 3)

4) Name 6 exercises to avoid or limit with wrist injuries in Reformer 3. (1 point each - 6 points)

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

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5) From the Reformer 3 advanced exercises listed in the right hand column below, identify the primary movement principle(s) present. Once the movement principle(s) are identified, create a programming sequence to teach the skills necessary to perform the advanced exercise. (1 point per exercise - 25 point total)

MOVEMENT PRINCIPLE	PREPILATES	REFORMER 1	REFORMER 1 OR 2	REFORMER 2	REFORMER 3
					Grasshopper
					Rowing Back I and II
					Jackknife
					Long Back Stretch
					Snake or Twist

6) Design a 1 hour intermediate level group class using exercises from any of the Reformer manuals. Design the program to create smooth transitions and to keep the class going. Indicate the focus of the class, list the exercises in order and include the number of repetitions: (2 points per exercise - 40 points total)

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)
- 11)
- 12)
- 13)
- 14)
- 15)
- 16)
- 17)
- 18)
- 19)
- 20)

7) Design a 1 hour personal training session for a particular sport or activity using 15 to 20 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: (2 points each exercise - 40 points)

Sport or activity:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)
- 11)
- 12)
- 13)
- 14)
- 15)
- 16)
- 17)
- 18)
- 19)
- 20)