

# BALANCED BODY - REFORMER 2 MODULE TEST

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## PILATES REFORMER 2 TEST

Name\_\_\_\_\_ Date\_\_\_\_\_ Training Location\_\_\_\_\_

TOTAL POINTS - 98 PASSING GRADE - 69

1) When observing a person's posture from the side, what 6 points line up if the client is in perfect alignment? (1 point each - 6 points)

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

2) Name 3 common spinal misalignments and describe what they are. (1 point each - 3 points)

- 1)
- 2)
- 3)

3) Name 4 Pilates elders who studied with Joseph Pilates. (1 point each - 4 points)

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

4) When was Joseph Pilates born? (1 point)

5) In what country did Joseph Pilates first use springs to create resistance for exercises? (1 point)

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- 6) What dance company shared the building at 8th Avenue with Joseph Pilates? (1 point)
- 7) Name 3 Reformer 2 exercises that are safe throughout pregnancy. (1 point each - 3 points)
- 1)
  - 2)
  - 3)
- 8) Name 4 Reformer exercises that focus on scapular stability. (1 point each - 4 points)
- 1)
  - 2)
  - 3)
  - 4)
- 9) Name 3 Reformer exercises that require caution for clients with low back problems. (1 point each - 3 points)
- 1)
  - 2)
  - 3)
- 10) Name 3 Reformer exercises that require caution or modification for clients with neck and shoulder injuries. (1 point each - 3 points)
- 1)
  - 2)
  - 3)
- 11) How often should the vinyl on the Reformer be wiped down? (Circle one) (1 point)
- After each client
- Daily
- Weekly

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12) Create a programming segment using the grid below. Choose three Reformer 1 and 2 Exercises that are relevant to the movement principle. (1 point each exercise - 27 points total)

Movement Principle		Reformer 1	Reformer 1 or 2	Reformer 2
Trunk Integration				
UPPER BODY STRENGTH AND BALANCE	Posterior Shoulder			
	Anterior Shoulder			
	Scapular Stability and Mobility			
	Functional Movement Patterns			
LOWER BODY STRENGTH AND POWER	Optimize Leg Alignment			
	Muscle Balance around Hip, Knee, Ankle			
	Develop Strength and Endurance			
Dynamic Flexibility				

13) How often should the Reformer be inspected for spring wear, loose parts etc? (circle one) (1 point)

Daily

Monthly

Quarterly



14) Design a 1 hour class 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 total)

Class focus:

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