



Reformer 2 Quiz

1. Name: First and Last and Email Address

2. Which pre-Pilates Essential exercise listed below would be a good preparatory exercise for Single Leg Footwork? (5 Points)

- Head Wheel
- Leg Slides - Neutral
- Cat/Cow
- Sternum Drops

3. The upholstery on a Pilates Reformer should be cleaned: (5 Points)

- Daily
- Weekly
- After each client
- Monthly

4. Which of the following individuals is not considered a Pilates elder? (5 Points)

- Ron Fletcher
- Kathy Stanford Grant
- Romana Kryzanowska
- Joseph Pilates

5. Jumping on the Footplate addresses all the following except (5 Points)

- Leg, Foot and Ankle Alignment
- Shoulder Mobility
- Increasing Circulation
- Agility and Coordination Training

6. Which of the following are variations of the Reformer 2 exercise called "Coordination"? (Select all that apply) (5 Points)

- Iron Cross
- Star Fish
- Flat Back
- One Leg

7. All of the following are variations of Stomach Massage except: (5 Points)

- Round Back
- All Fours
- Flat Back
- Twist
- Single Leg

8. When working with a client with non specific low back pain, what are a few important questions to ask? (Select all that apply) (5 Points)

- What positions are comfortable for you?
- Are you currently seeing a health care practitioner for your pain?
- How long have you had such poor posture?
- What makes your symptoms feel better?

9. When working with a client with low back pain, what should you avoid when exploring their most comfortable working position? (5 Points)
- Extreme ranges of motion
 - Use of supportive props
 - Smaller ranges of motion and slow increases in load
 - Finding balanced neutral position, or as close to neutral position, as client is able to manage
10. Which of the exercises listed below may require caution for clients with low back injuries? (Select all that apply) (5 Points)
- Long Box Back Stroke
 - Single Leg Footwork
 - Short Spine Massage
 - Short Box Advanced Abdominals: Fire Baton
11. Beginning and Advanced Short Box Abdominals include all of the following, except: (5 Points)
- Round Back, Flat Back
 - Twist, Around the World
 - Spear a Fish, Mermaid
 - Elephant, Arabesque
12. The Reformer 2 exercise, commonly called "Jackrabbit," is a progression of which of the following exercises? (5 Points)
- Pelvic Lift
 - Down Stretch
 - Knee Stretch (Knees On)
 - Long Stretch

13. The purposes of Semi-Circle include all of the following except: (5 Points)

- Strengthening the abdominal and spinal extensor muscles
- Strengthening the shoulders, triceps, and scapular stabilizers
- Increasing spinal mobility and hip flexor flexibility
- Improving the ability to lift your head against gravity as you go into spinal extension

14. Seated arms are an important preparation for Chest Expansion and Kneeling Side Arms because: (5 Points)

- They help strengthen the arm, chest, and shoulder muscles
- Clients learn the basic movement sequences before incorporating the balance challenge of kneeling
- They help develop upper body strength, mobility, and scapulo-humeral rhythm without putting pressure through the wrists in all fours
- All of the above

15. Which of the following sequences creates a progression to the exercise Coordination (5 Points)

- Sternum Drops, All Fours Push Up, Plank, Long Stretch
- Leg Slide, Head Wheel, Abdominal Curl, Supine Arms, The Hundred
- Prone Pelvic Clock, Prone Head/Thoracic Wheel, Rockets, Overhead Swan
- Pinwheel, Seated Thoracic Rotation, Telescope Arms, Short Box Mermaid

16. Which of the following sequences creates a progression to the exercise Knee Stretch, Knees Off (5 Points)

- Pelvic Imprint, Articulated Bridge, Leg Slides, Feet in Straps, Short Spine
- Pelvic Wheel Seated, Roll Downs, Short Box Abdominals - Round Back and Obliques
- Rib Cage Arms, Sternum Drops, All Fours Push Up, Plank, Long Stretch, Knee Stretches
- None of the above

17. Which of the following sequences creates a progression to the exercise, Short Spine (5 Points)

- Prone Pelvic Clock, All Fours Abdominals, Kneeling Abdominals Front, Long Stretch
- Flat Back Bridge, Bridge with Marching, Short Box Abdominals - Flat Back
- Seated Head/Thoracic Wheel Rotation, Lunge, Side Stretch/Mermaid
- Pelvic Imprint, Articulated Bridge, Leg Slides, The Hundred, Feet in Straps

18. Which of the following sequences creates a progression to the exercise Corkscrew (5 Points)

- Pinwheel, Pelvic Clock, Bridge - Hip Dips, Seated Arm Work Back-Twist, Short Spine Massage
- Prone Pelvic Clock, All Fours Abdominals, Sternum Drops, Opposite Arm/Leg Reach, Kneeling Abdominals Back, Long Stretch
- Rib Cage Arms, Sternum Drops, All Fours Push Up, Plank, Long Stretch
- Femur Folds, Leg Slides, Footwork, Single Leg Footwork

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