



## Mat 2 Quiz

\* Required

1. Name: First and Last and Email \*

2. How can breath work enhance your Pilates Practice? (5 Points)

- Helps activate the core
- Can help influence the movements of the spine
- It can help enhance awareness and mindfulness in our practice
- All of the above

3. Which pre-Pilates Essentials Exercises serve as preparatory skills for Teaser? (5 Points)

- Femur Fold and Leg Slides
- Abdominal Curl
- Cat
- Sequential Roll Up and Roll Down
- All of the above

4. All of the following are precautions to consider for inversion exercises except: (5 Points)

- High Blood Pressure
- Glaucoma
- Height
- Pregnancy

5. The name of Joseph Pilates' 'wife' was? (5 Points)

- Joy
- Clara
- Nora
- Romana

6. What did Joseph Pilates call his method? (5 Points)

- Contrology
- Calisthenics
- Pilates
- Joe's Gym

7. 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?

8. 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

9. The Mat 2 exercise Boomerang is a more complex sequence that combines all of the following exercises except: (5 Points)

- Spine Stretch Forward
- Teaser
- Swan
- Roll Over

10. From Full Plank, if you wanted to add challenge, what movement element(s) would you add? (Select all that apply) (5 Points)

- Lift one leg
- Lift one arm
- Lift opposite arm and leg
- Lower the knees to the ground

11. From Full Plank, if you wanted to decrease challenge, how might you modify? (5 Points)

- Lift one leg
- Lift one arm
- Lift opposite arm and leg
- Lower the knees to the ground

12. Which of the following pre-Pilates are preparatory exercises for Back Plank? (Select all that apply) (5 Points)

- Hip lift with both knees bent
- Seated Roll Back
- Hip lift marching with both knees bent
- Shoulder Shrugs/Scapular Elevation and Depression
- None of the above

13. Which of the following pre-Pilates are preparatory exercises for the Push Ups? (5 Points)

- All Fours Triceps Push Up
- Wall or Box Push Up
- Sternum Drops
- Kneeling Plank
- All of the above

14. Clients with wrist injuries should exercise caution with which of the following exercises. (Select all that apply) (5 Points)

- Side Bend
- Scissors and Bicycle
- Leg Pull Up
- Seated Twist.
- None of the above
- All of the above

15. Which of the following pre-Pilates essentials creates a progression to Teaser? (5 Points)

- Femur Fold to Leg Slide, Abdominal Curl, Ribcage Arms, Cat, Sequential Roll Down and Roll Up
- Rib Cage Arms, Sternum Drops, All Fours Push Up, Plank
- Femur Folds, Pelvic Clock, Bridge, Bridge with Marching, Roll Over
- Seated Side Stretch, Seated Rotation, Pinwheel

16. Which of the following pre-Pilates essentials creates a progression to Spine Twist? (5 Points)

- Leg Slides Neutral, Flat Back Bridge, Bridge Marching
- Prone Pelvic Clock, Rocket, Baby Swan
- Head Wheel/Thoracic Wheel Supine, Femur Folds, Leg Slides Imprinted
- Femur Folds, Leg Slide Neutral, Telescope Arms, (Transverse Plane) Seated Rotation, Spine Stretch Side

17. Which of the following pre-Pilates exercises creates a progression to Leg Pull Down? (5 Points)

- Supine Pelvic Clock, Pelvic Imprint, Articulated Bridge, Leg Slides Imprinted
- Seated Side Stretch, Pelvic Wheel Seated, Abdominal Curl
- Rib Cage Arms, Sternum Drops, All Fours Push Up, Plank
- Femur Folds, Flat Back Bridge, Leg Rotations at 45 and 90 degrees

18. Which of the following pre-Pilates essentials creates a progression to Seated Twist? (5 Points)

- Prone Pelvic Clock, All Fours Abdominals, Sternum Drops, Opposite Arm/Leg Reach
- Back Plank Preps, Femur Folds, Flat Back Bridge, Marching Bridge
- Head/Thoracic Wheel Seated in all planes of motion, Rib Cage Arms, Sternum Drops, All Fours Opposite Arm/LegReach, Plank and Side Plank Progressions
- Femur Folds, Flat Back Bridge, Leg Rotations at 45 and 90 degrees

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