

PILATES ANATOMY WORKSHEET

Pilates Q&A

Card 1

20 multiple-choice questions cover essential Pilates anatomy concepts, including muscles, movements, and biomechanics.

1. Which muscle group is primarily responsible for core stability in Pilates?
A) Quadriceps
B) Hamstrings
C) Abdominals
D) Calves
2. What is the deepest layer of abdominal muscles that play a key role in core engagement?
A) Rectus abdominis
B) External obliques
C) Transverse abdominis
D) Internal obliques
3. Which spinal movement occurs in the Roll Up and Spine Stretch Forward exercises?
A) Flexion
B) Extension
C) Rotation
D) Lateral flexion

Pilates Anatomy Visual Worksheet

Name: _____ Date: _____

Instructions:

Look at the images of Pilates positions and answer the questions below. Fill in the blanks, circle the correct answer, or provide a short response based on your knowledge of Pilates anatomy.

Section 1: Identify the Muscles (Fill in the Blank)



(The Hundred Position)

Pilates At Home Math Worksheet Grade Update

Ann Crowther



Pilates At Home Math Worksheet Grade Update:

Pilates an Interactive Workbook Christina Maria Gadar,2013-08 Practice Pilates at home on your own to take ownership of your workout and make the most of your investment with a certified Pilates instructor PILATES AN INTERACTIVE WORKBOOK helps you practice safely at home and efficiently in the studio with your instructor It presents a general outline and step by step photo illustrations of over one hundred Pilates exercises including the basic matwork intermediate matwork magic circle matwork standing weights series magic circle exercises wall series and the reformer apparatus Because Pilates exercises need to be continually personalized and adapted this workbook provides a place to record notes With the help of your certified Pilates instructor you can customize this workbook with your current modifications helpful cue words and useful imagery With Pilates there is no finish line so enjoy each moment and each progression and use PILATES AN INTERACTIVE WORKBOOK as a supplement to your training to help you along the way

Pilates at Home Kellina Stewart,2001-08-31
Crowther,2006

Pilates for You Ann Crowther,2009

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