

# Gyrotonic Certification Practice Test Questions and Answers

## 1. Who created the Gyrotonic Expansion System?

- A) Joseph Pilates
- B) Juliu Horvath
- C) Ida Rolf
- D) Moshe Feldenkrais

## 2. What are the three fundamental movement patterns in Gyrotonic?

- A) Flexion, extension, rotation
- B) Spiraling, circling, undulating
- C) Forward, backward, sideways
- D) Push, pull, stabilize

## 3. What is the primary equipment used in Gyrotonic training?

- A) Reformer
- B) Pulley Tower Combination Unit
- C) Cadillac
- D) Wunda Chair

## 4. Which breathing pattern is emphasized in Gyrotonic exercises?

- A) Rapid shallow breathing
- B) Breath holding during movement
- C) Rhythmic coordination of breath with movement
- D) Only exhaling during exertion

Answers: 1-B 2-B 3-B 4-C

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