

# Pilates Practice Test Questions and Answers

## 1. What principles underpin Pilates?

- A) Yoga and Aerobics
- B) Aerobics and Meditation
- C) Body Building and Yoga
- D) Karate

## 2. The Reformer Jump Board is used for:

- A) Resistance arm exercises
- B) Cardiovascular jumping and plyometric exercises in a supine or standing position
- C) Stretching the hip flexors
- D) Isometric leg pressing only

## 3. What does 'neutral spine' mean in Pilates?

- A) A completely flat lower back pressed to the mat
- B) Maintaining the natural curves of the cervical, thoracic, and lumbar spine
- C) A fully extended and arched back position
- D) Tucking the pelvis under to flatten all curves

## 4. The Pilates principle of 'Precision' means:

- A) Performing as many repetitions as possible
- B) Every movement has a purpose and should be performed with correct form rather than repetition
- C) Moving as quickly as possible through each exercise
- D) Using the heaviest spring resistance available

**Answers: 1-A 2-B 3-B 4-B**

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