

PILATES ANATOMY WORKSHEET

Pilates Q&A

Part 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 plays a key role in core engagement?

- A) Rectus abdominis
- B) External oblique
- C) Transverse abdominis
- D) Internal oblique

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 Identification

Name: _____ Date: _____

Instructions:

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

Section 1: Identify the Muscles (20 in the Hand)



(The Hundred Position)

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Michael Rajnik



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