

## **Class Placement Quiz** A quick note on advancing in levels in Pilates...

In traditional strength training classes, you either pile on more weight or do more reps of the same exercise as you advance. In Pilates, **an advanced client pulls the same amount of weight as a beginner.**

When advancing in Pilates, the exercises changes from providing **stability** to providing **instability**. Think of standing on the floor → standing on one leg→ stand on one leg on a skateboard. For safety reasons it is extremely important to take your appropriate levels.

### **Level 1-Beginner**

If you have only done Mat Pilates you must start in Level 1 to learn the safety of the reformer.

Before progressing to a higher level of class you should know all Level 1 terminology as well as be able to adequately perform all the exercises at that level including...

- know how to leave the reformer in "neutral" at the end of class
- learn how to change springs safely
- learn how to move on the carriage when only a light spring is on
- learn how to get on short/long box safely
- learn how to stand on the carriage safely
- know the strengths of the different colored springs
- know your proper gear bar and stopper position for your height/leg length on a Stott reformer
- know when you adjust the gear bar and stopper back to 1:1
- must understand the 5 basic principles of Pilates
  1. neck placement
  2. shoulder placement
  3. rib placement
  4. abs
  5. pelvic placement
- must be able to perform the 5 basic principles of Pilates in the following exercises...
  - o footwork, side lying work (mouse house), feet in straps
  - o ab prep (basic ab curl up)
  - o 100's
  - o short spine stretch
  - o short box and long box
  - o side overs
  - o basic front rowing preps
  - o basic back rowing preps
  - o be able to hold plank position on knees

### **Level 2- Intermediate**

Before progressing to a higher level class you should know all Level 2 terminology as well as be able to adequately perform all the exercises at that level including...

- be able to work at a quick pace while maintaining form and Pilates principles
- know how to stand on carriage for side splits
- be able to perform any and all variations of...
  - o footwork, side lying work (mouse house), feet in straps
  - o ab work
  - o roll over unassisted
  - o side overs unassisted
  - o long stretch/ plank stretch unassisted
  - o swan
  - o full teaser (long box) unassisted
  - o all arm work kneeling
  - o full plank on feet unassisted
  - o front/back/side splits unassisted