

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 as you advance. In Pilates, **an advanced client pulls the same amount of weight as a beginner.**

In Pilates classes, the exercises change from providing **stability** to providing **instability** as you advance. Think of standing on the floor → standing on one leg → standing on one leg on a skate board. For safety reasons make sure you take your appropriate level.

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 class you should be familiar with the Level 1 exercise names, as well as be able to adequately perform all the exercises at that level including...

- know how to leave the machine in "neutral" at the end of class
- learn how to change springs safely
- learn how to move on 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 foot bar & stopper position for your height/leg length on a Stott reformer
- know when to adjust foot bar and stopper back to 1:1
- must be understand the basic principles of Pilates
 - o neck placement
 - o shoulder placement
 - o breathing/abs
 - o pelvic placement- know when to maintain imprint vs. neutral
- must be able to perform the basic principles of Pilates in the following exercises...
 - o footwork, side lying work (mouse house), feet in straps
 - o ab prep (basic curl up off floor with head, neck & shoulders)
 - o 100's
 - o short spine stretch
 - o short box
 - o be able to hold side over position
 - o long box
 - 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 be familiar with the Level 2 exercise names, 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 top of carriage safely
- 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 on knees
 - o full plank on feet unassisted
 - o front/back/side splits unassisted