

Pilates Certification Practice Test Questions and Answers

1. Who developed the Pilates method?

- A) Jack LaLanne
- B) Joseph Pilates
- C) Arnold Schwarzenegger
- D) Jane Fonda

2. What is the Wunda Chair in Pilates?

- A) A small apparatus with a seat and spring-loaded pedal used for standing, seated, and prone exercises emphasizing stability
- B) A regular chair used during breaks
- C) A meditation cushion
- D) A type of foam roller

3. What is the primary goal of Pilates?

- A) Muscle bulking
- B) Core strength and flexibility
- C) Speed and endurance
- D) Powerlifting

4. What is the 'powerhouse' in Pilates?

- A) The core muscles from the ribcage to the pelvis floor, including the abdominals, back muscles, and pelvic floor
- B) The reformer machine
- C) The instructor leading the class
- D) The largest muscle in the body

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

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