

# EXAM

## Intrinsic Core Muscles

Abdominal, Pelvic, Lumbar

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_

PRINT CLEARLY, use back of paper, or extra paper, if needed.

*Remember to put your name on all extra sheets.*

**WHAT;** choose a Pilates exercise and describe it

**HOW;** explain how these intrinsic core muscles work in-concert in that Pilates exercise

Transversus Abdominis

Pelvic Wall

Pelvic Floor

Psoas Major

Multifidus

Interspinalis

Intertransverse

**WHY;** clarify why Pilates is primarily focused on intrinsic core muscles

**WHICH;** which of these principles are employed in this Pilates exercise

Breath

Oppositions

Articular Traction

Reciprocal Enervation

Successive Contractions

**WHEN;** when teaching, what cues would help activate these intrinsic muscles

**BECAUSE;** formulate your conclusion on the subject of intrinsic core muscles

