

Peak Pilates level 1 Exam Questions and Correct Answers

Setup - ANSWER-Exercise name, exercise setup, adjust reformer from footbar to straps

Execution - ANSWER-Correct technique, direct cueing

Flow - ANSWER-Round the corners, cue ahead of the movement, teach through transitions

Cueing - ANSWER-Powerhouse cues for exercise, late major corrections, cue in the positive, cue to the solution

Rhythm - ANSWER-Set correct rhythm, work at appropriate tempo

Voice - ANSWER-Voice modulation were rhythm, volume

Breath dynamics - ANSWER-Focus on exhalation, emphasis on breathing exercises

5- part formula - ANSWER- 1. Peak Pilates principles

2. session format

3.teaching methodology

4. Presentation skills

5. Progression guidelines

What are the teaching methodology components - ANSWER-Setup, execution, flow, cueing, rhythm, Voice, breath dynamics.

Which mat exercises do we emphasize breathing? - ANSWER-Hundred, spine stretch forward, saw, mermaid stretch

What reformer exercises do we emphasize breathing? - ANSWER-Hundred

What Cadillac/tower exercises do we emphasize breathing? - ANSWER-Breathing, chest expansion

Answers To Peak Packet

Shane Stigler,Mark A. Linsenbardt

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