

TYE 4 TEST

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____



1. In traditional fitness, resistance – or weight – is increased as the client becomes:
 - a. More advanced
 - b. Stronger
 - c. Older
 - d. Thinner

2. In Pilates, resistance is only from adding springs.
 True False

3. In Matwork, resistance can come from:
 - a. ankle/hand weights
 - b. Magic Circle
 - c. One's own body
 - d. All of the above
 - e. None of the above

4. The intensity of contraction varies with individual bodies.
 True False

5. Tye4 helps clients to feel the connections and to encourage correct alignment which is necessary for proper muscle recruitment.
 True False

6. Pilates is known in the mainstream fitness world as:
 - a. mindbody exercise
 - b. core control
 - c. flexibility training
 - d. all of the above

7. Why is the scapular an important focus of the MethodPilates?

8. List 7 Mat exercises where the resistance properties of Tye4 are most evident.

9. List 7 Standing Pilates exercises where the resistance of Tye4 are most evident.

Please complete the following essay questions on a separate sheet & attach to provided exam.

10. Which mat exercise is not improved by Tye4?

11. What is closed chain exercise?

12. Describe an alignment or connection issue in your own or a client's body that was improved with Tye4.

13. Explain how Tye4 teaches one how to find length in the torso and the limbs.