Pilates teaches you to control every movement your __ makes.
Your __ muscles are in the abdominals and back.
Your movements should ___ one into the other with control.
The Wunda or High ___ is a piece of Pilates equipment.
Bending your ___ will help make a move easier.
Front support is similar to ___ position. Stay in one line heel to head.
__ your abs, pull your belly button in and up.
The ___ floor muscles are part of your primary powerhouse.
When doing leg circles your pelvis should remain ___.
The first exercise of Pilates is the ___.
During exercise your back should remain ___, not bowed or arched.
Movements should be ___, not haphazard or wild.
All Pilates exercises can be ___ to your personal level.
You should use your core, not ___ to perform a movement.
The ___ is a piece of equipment that includes a mat and springs.
The muscles of your __ girdle are part of your secondary powerhouse.
The ___ Series focuses on your core and thigh muscles.
The standard foot position in Pilates is heels ___, toes apart.
___ is a very important aspect of Pilates.
___ Pilates does not use music and follows a specific routine.
___ is a combination of yoga and Pilates moves.
Joseph Pilates called his method of exercise ___.
Joseph Pilates was in an ___ camp when he developed his exercises.
The center of your body is also called the ___.
Springs and light weights add ___ to a workout.
You must fully ___ on every move that you are doing.
Stretching helps increase ___.
Full ___ of the spine is very important.