

Glossary/Pilates Definitions

1. _____ The position or place where the joints, muscles and bones of the body are both in line and symmetrical
2. _____ Anatomical Front
3. _____ The movement of the spine so that each segment is clearly distinguished or differentiated from the next as you move through the spinal column.
4. _____ Serves as a reference for your alignment
 Anterior = area defined from shoulder to shoulder and hip to hip
 Posterior = area defined from scapula to scapula and sitz bone to sitz bone (ishial tuberosities)
5. _____ The position assumed when the body and head is lifted. The weight of the head is drawn toward the chest, without resulting tension.
6. _____ The drawing inward and upward of the abdominal muscles and particularly the transverse abdominals (cinches the waist), resulting in a hollow or scooped appearance in the waistline.
7. _____ The act of using a body part in an opposing way to another body part
8. _____ The external rotation of the gluteal muscles. Wrapping of the legs from the hips to the heels, resulting in a tripod position with the feet
9. _____ The band of muscles encircling the torso and extending from the xyphoid process (base of the sternum) to the pubis symphysis
10. _____ Anatomical Back
11. _____ The activation or engagement of the core muscles to fix the body in a position from which it is not easily adjusted.
12. _____ The act of sliding or depressing the shoulder blades down the back and away from the neck and head.

Alignment	Anterior	Articulate the Spine: (snake)	Pilates Box
Chin to Chest	Pilates Box	Opposition	Pilates “V”
Navel to Spine; Scoop; Belly to spine		Wings Down; Shoulders slide down back	
Powerhouse; Core Muscles	Posterior	Stabilize; Anchor	