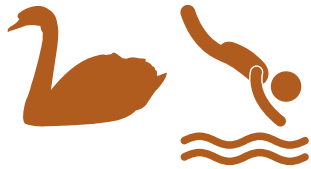


# Round One: Exercise Decoder

Exercise One: .....



Exercise Two: .....



Exercise Three: .....



Exercise Four: .....



Exercise Four: .....



# Round Two: Pilates Quiz

Which Country was Joseph Pilates born in?

- A Germany
- B Austria
- C Italy
- D Switzerland

Where was Joe & Clara Pilates' first Pilates Studio?

- A Milan
- B Chicago
- C New York
- D London

Joseph Pilates designed this exercise to be the first performed in class:

- A Roll Down
- B Single Leg Stretch
- C Spine Curl
- D One Hundred

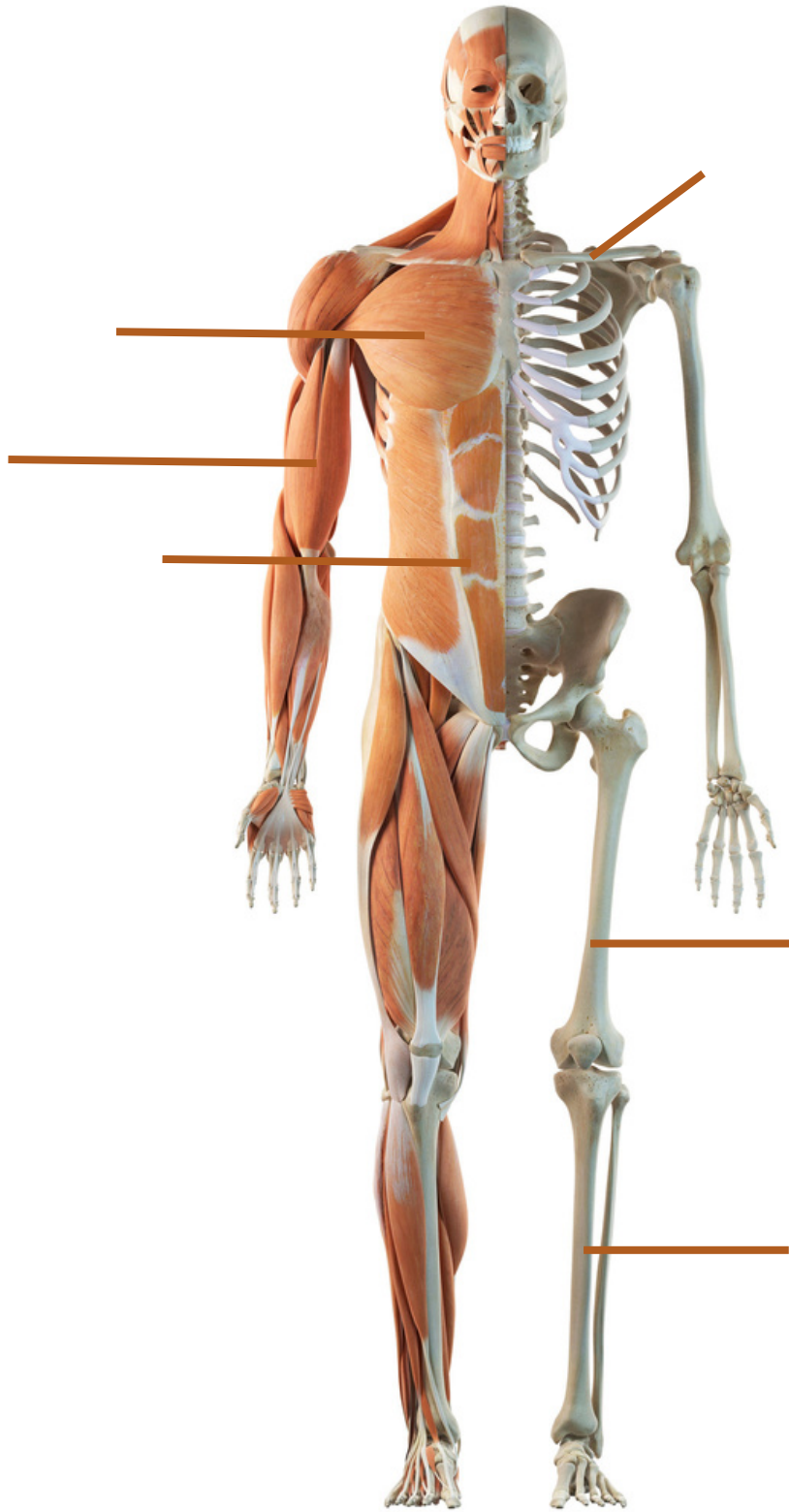
Which of these is not a real Pilates exercise

- A Clam
- B Mermaid
- C Seal
- D Dolphin

What year did Joseph Pilates pass away?

- A 1987
- B 1967
- C 1977
- D 1997

# Round Three: Anatomy Quiz



# Round Four: Pilates Animals

