

## MODULE 9

# REVIEW WORKSHEET

1. Give 3 verbal adjustments for:

Plank

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Chest Lift

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Elevated Chest Lift

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2. In Plank or Low Plank, what is the main precaution to verbalize to participants, and what modification can you give to help them? What can you see visually on the participants that will show they need to go to the modification?

3. Which muscles are stretched (generally) in Chest Lift (all backbends) and which muscles are strengthened?

4. Explain where your knees and toes should be on Elevated Chest Lift. What modification can you offer?

5. In the more intense prone postures, as well as many of the more intense postures, what happens to many people with their breath?

6. What verbal adjustment can you give in Linked Backbend to help people get more of an arch or lift in their back?

7. After more intense backbends, what postures can we do to counterbalance the backbend work? Why do we use one of these counterbalance poses?

8. Give 3 verbal adjustments for:

Side Plank \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Side Kick \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. When you are on your side for Side Kicks and Leg Lifts, what adjustment should be made with the legs?

10. Give 3 verbal adjustments for:

Upward Plank \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Half Backbend \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Backbend \_\_\_\_\_  
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Shoulder Stand

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Reclined Inner Thigh

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Reclined Hamstring

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11. Name a supine pose that should only be used in a Level II and possibly Level I with caution?

12. In Reclined Hamstring Pose, what verbal cue should you always give when you bring the head towards the knee?

13. What is the last exercise we always do before Quiet Posture?

14. What are 2 options for Quiet Pose?

15. Why do people want to pray when they work out? Can't they just separate the two... read the Bible then go for a run?

16. Is Pietra Fitness all that is needed to get/keep your body and soul in shape?