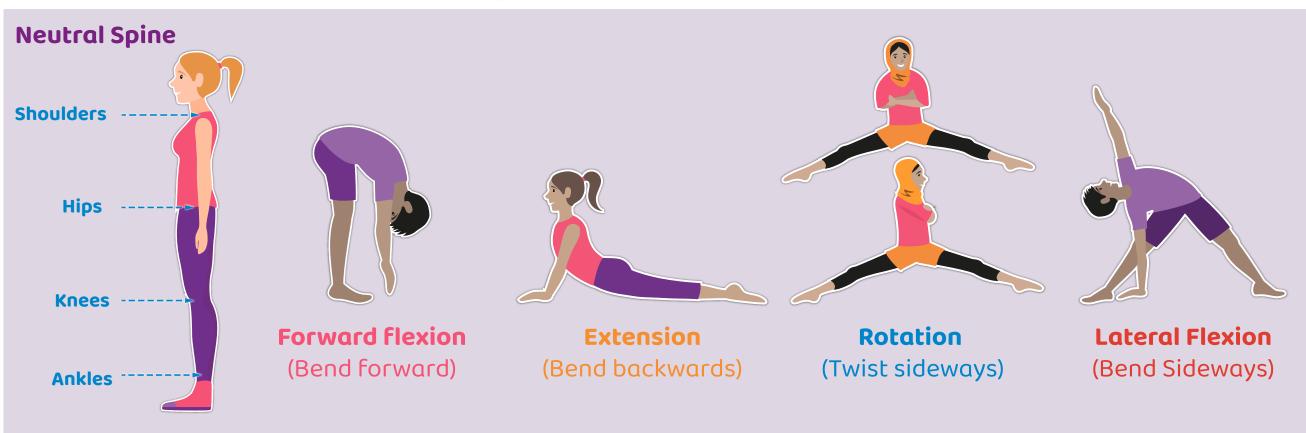
Pilates Knowledge Organiser Year 5

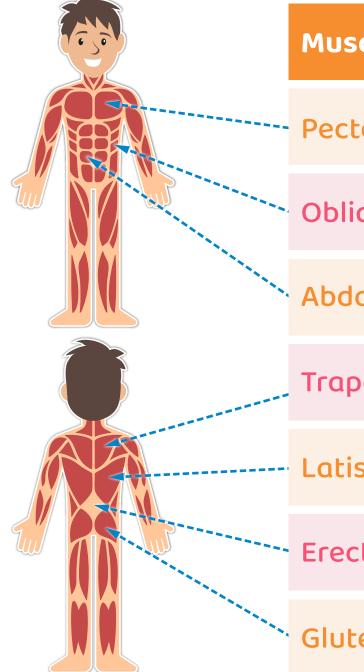




Key Terms

Actions of the spine





Muscle Name	Location	Postural Role
Pectorals	Chest	Supports upper body
Obliques	Sides	Supports trunk
Abdominals	Stomach	Supports trunk
Trapezius	Upper back	Holds back shoulder blades
Latissimus Dorsi	Mid back	Pulls shoulder blades down
Erector Spinae	Muscle running the length of the spine	Supports Spine
Gluteus Maximus	Strong lower back muscles	Supports Lower back