


## Movement and Relaxation Pilates Skill Assessment

<b>Name:</b>	<b>Skill: 45-degree hold</b>
<b>Critical Instances</b>	<b>Personal Execution</b>
 <p>Lie on your back in neutral spine, with your legs extended up toward the ceiling. Align the ankles, knees and hips. Arms rest on the mat alongside the body with the palms facing down. Make certain to maintain Pilates feet. Head may be down.</p>	