


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Balancing Push Up
Critical Instances	Personal Execution
 <p>(Replace all fours starting position with a push up position and extend arm to shoulder height)</p> <p>Begin on all fours. Extend your legs behind you one at a time, feet hip-distance apart (push up position). Lengthen through the crown of your head. Balance on your hands (placed under your shoulders) and balls of your feet. Maintain a strong powerhouse. Slowly extend your right arm and lift the left leg until both are hip height. Refrain from shifting your hips from one side to the other. Hold. Lower the extremities and repeat with the opposite arm and leg.</p>	