


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Bridge
Critical Instances	Personal Execution
<div data-bbox="136 369 691 703">An illustration of a person lying on their back on a mat, performing a bridge exercise. The person's knees are bent and feet are flat on the floor. The spine is arched, and the hips are lifted, forming a bridge shape. The person's arms are extended along the floor, and their head is resting on the mat.</div> <p data-bbox="82 779 756 951">Lie on your back in neutral spine, with your knees bent and feet on the floor. Place your feet a foot length away from and in line with your hips. Your knees should be in line with your hips. Anchor your palms and shoulder blades into the mat.</p> <p data-bbox="82 995 756 1167">Inhale: Press down through your feet to lengthen your spine and press your hips up. You will come to a bridge position on your shoulders with your knees, hips and shoulders in one line. Your abs and hamstrings should be well engaged.</p>	