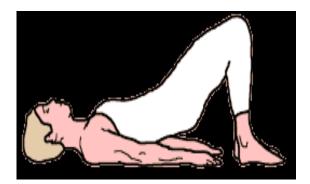
Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Bridge
Critical Instances	Personal Execution



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.

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.