


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Clam
Critical Instances	Personal Execution
 <p>Begin lying on your side with the torso and head lined up along the back edge of the mat. Flex the hips slightly so the feet line up with the front edge of the mat. Support the head on the hand with the arm on the mat and the other hand in front of the chest. Keep the shoulders and the hips stacked on top of each other and the spine straight. Bend the legs at the knees and keep your legs together. Place the legs so that the thighs are perpendicular to the torso and the shins are parallel to the edge of the mat. Exhale and lift the top knee, keeping the toes together, without moving the pelvis. Inhale and lower the upper leg while separating the toes. Repeat.</p>	