


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Criss Cross
Critical Instances	Personal Execution
 <p>Begin lying on your back. Stack your hands under your head, and keep your elbows wide. Inhale and lift the head and shoulders off the mat. Draw the shoulder blades together. Bend the knees in toward the chest and lift both feet off the floor, keeping the lower legs parallel to the floor. Maintain the back flat to the mat (imprinted) throughout the movement. Inhale and extend the right leg straight out, but not touching the floor. At the same time bring the left knee into the body testing the torso to lower the left elbow to the floor. Exhale and switch positions.</p>	