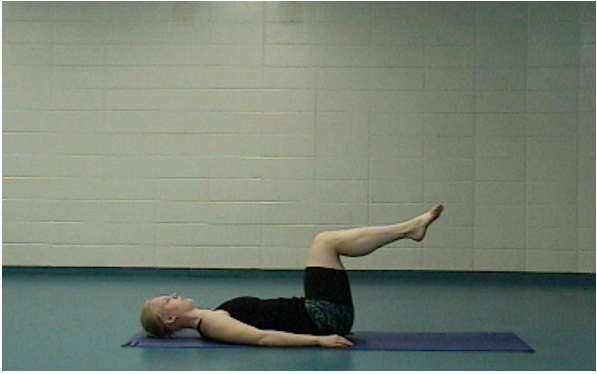


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Double Toe Taps
Critical Instances	Personal Execution
 <p>Begin in table top. Place the arms by the sides of the body with the palms down on the mat. Engage the muscles of the powerhouse and stabilize the pelvis. Ensure the thighs remain perpendicular to the floor and the shins parallel to the floor. Squeeze the legs together. Maintain the imprint throughout the movement. Inhale to prepare. Exhale and move both legs at the hip to lower them down toward the floor so that the toes gently touch the mat. Continue to contract the muscles in the lower extremities. Inhale and return the legs to the starting position (table top). Repeat.</p>	