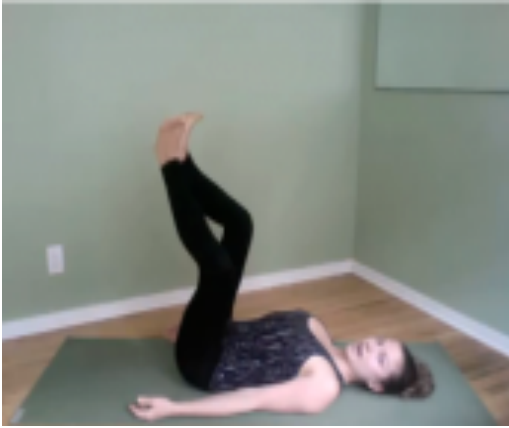


Movement and Relaxation Pilates Skill Assessment

| | |
|---|---------------------------|
| Name: | Skill: Frog |
| Critical Instances | Personal Execution |
|  <p>Begin lying on your back with legs extended up towards the ceiling. Align the ankles over the knees and hips. Engage your abdomen towards your spine and maintain the imprint. Draw the heels together and point the toes. Inhale and bend your legs at the knees while bringing your knees close to your torso. Strive to bring the soles of the feet together when in the knees are near the shoulders. Exhale as your extend your legs at the knee, returning to the original position. Keep the heels together throughout the exercise. Inhale as you lower, and exhale as you lift.</p> | |