


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Forearm Plank (Hover)
Critical Instances	Personal Execution
 <p>Begin on all fours. Direct your gaze downward. Place your forearms flat on the floor, elbows under the shoulders, and knees under the hips. Keep your arms shoulder-width apart. Pull in and up through your abs, supporting the lower back. Draw the shoulder blades down. While focusing on your powerhouse, inhale and straighten one leg behind you, then the other, pressing the balls of your feet into the mat. Lower your hips until the body forms a straight line from shoulders to heels. Hold the position. Breathe naturally. Lower the body to the mat. Repeat.</p>	