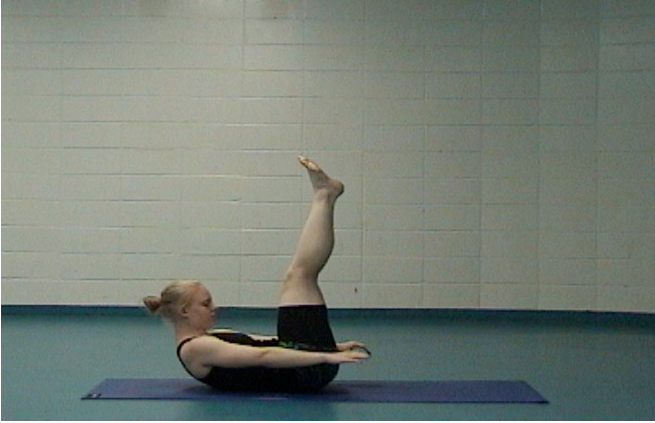


## Movement and Relaxation Pilates Skill Assessment

<b>Name:</b>	<b>Skill: Hundreds</b>
<b>Critical Instances</b>  <p data-bbox="81 816 755 1167">Begin in table top. Inhale to prepare. Extend the legs to the ceiling. Maintain the legs perpendicular to the floor. Lower your legs only as far as you can control, keeping the back flat (imprinted). Maintain the imprint throughout the exercise. Inhale and lift the head and shoulders off the mat until the bottom of your shoulder blades are pressing into the mat. Head looks into the abdomen. With the arms straight, pump them up and down, approximately 6 inches off the mat, inhaling for 5 counts and exhaling for 5 counts. Repeat 10 times.</p>	<b>Personal Execution</b>