


## Movement and Relaxation Pilates Skill Assessment

<b>Name:</b>	<b>Skill: Imprint</b>
<b>Critical Instances</b>  <p>Begin a supine position with the back, pelvis, and spine in a neutral position. Bend the legs at the knees. Place the feet hip-distance apart on the mat. Bring the arms to the sides of the body, palms down. Inhale. Exhale and contract the abdominals and imprint the spine by gently rolling the pelvis and lowering the back toward the mat. Avoid pressing the lower back all the way into the mat or tilting the pelvis too far by overusing the abdominals or gluteal muscles. Move the hands to the mid-section (rib cage) of the body. Inhale and return to neutral.</p>	<b>Personal Execution</b>