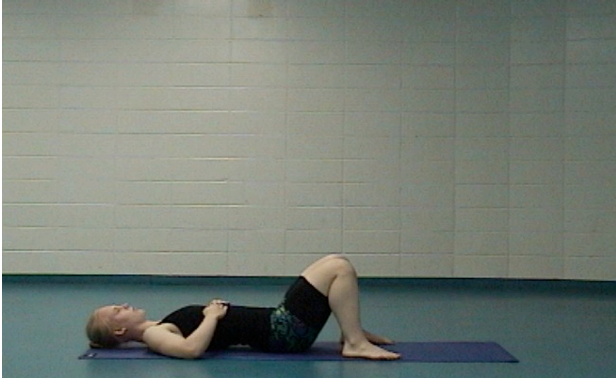


## Movement and Relaxation Pilates Skill Assessment

<b>Name:</b>	<b>Skill: Neutral Spine</b>
<b>Critical Instances</b>	<b>Personal Execution</b>
 <p data-bbox="77 709 727 848">Begin lying on your back with knees bent, feet hip-distance apart and flat on the floor. Place the arms along the sides of the body with the palms down. The back, pelvis and spine should be in a neutral position.</p>	