


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Scissor
Critical Instances	Personal Execution
 <p>Begin in table top. Inhale and lengthen both legs long to the ceiling and in Pilates Point (heels together and toes pointed). Engage the powerhouse. Maintain the back flat to the mat (imprinted) throughout the movement. Inhale and lift the head and shoulders off the mat. Inhale and reach both arms to move the right leg closer to the chest. Exhale and alternate the position of the legs, lowering one and raising the other, all the while maintaining the arm position.</p>	