


## Movement and Relaxation Pilates Skill Assessment

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| <b>Name:</b>  | <b>Skill: Single Leg Stretch</b> |
| <b>Critical Instances</b>   | <b>Personal Execution</b>        |
|  <p>Begin in table top. Bend the right knee to the chest and place the right hand on the right ankle and the left hand on top of or inside the right knee. Lift the head and shoulders of the mat so that you are looking in to the abdomen. Lifting your left leg off the mat to your working level so that the back remains flat (imprinted) on the mat. Exhale and switch legs, placing the left hand on the ankle and the right hand on the left knee. Repeat. Inhale and hug the leg while the other leg reaches out long. Exhale and switch legs. Repeat.</p> |                                  |