

## Movement and Relaxation Pilates Skill Assessment

<b>Name:</b>	<b>Skill: Single Straight Leg Stretch</b>
<b>Critical Instances</b>	<b>Personal Execution</b>
<p><b>Setup:</b></p> <ul style="list-style-type: none"> <li>• Lie on your back.</li> <li>• Head up, eyes on your belly.</li> <li>• Lengthen both legs long to the ceiling.</li> <li>• Scoop your abs; clench your butt and roll your shoulder blades away from your ears.</li> </ul> <p><b>Action:</b></p> <ul style="list-style-type: none"> <li>• Grasp one leg just above the ankle, and pull it twice toward your shoulders, while letting the other leg lower half way to the floor.</li> <li>• Switch and repeat for the opposite leg.</li> <li>• Keep switching for a total of 16 to 20 switches.</li> <li>• Breathe in for two switches and out for two switches.</li> </ul> <p><b>Classic Pilates Cueing:</b></p> <ul style="list-style-type: none"> <li>• Pull pull switch!</li> <li>• Lengthen your head away from your shoulders and up off the floor.</li> </ul> <p><b>Purposes:</b></p> <ul style="list-style-type: none"> <li>• Teaches working the powerhouse and maintaining alignment.</li> <li>• Stretches the hamstrings and works the long hip flexors.</li> </ul> <p><b>Precision Points:</b></p> <ul style="list-style-type: none"> <li>• Keep a perfectly still torso.</li> <li>• The feet brush past each other.</li> <li>• Shoulders wide, blades down, tips on the mat.</li> </ul> <p><b>Modifications:</b></p> <ul style="list-style-type: none"> <li>• Tight hamstrings and/or weak and painful hip flexors (pain in the groin): Slow down! - Bend your knee, and grasp your thigh just below the knee. Two pulls, and at the same time, put effort into straightening the knee.</li> <li>• Weak neck, use a pillow!</li> </ul>	