


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Table Top
Critical Instances  <p>Begin in a supine position with the legs bent at the knees, feet hip-distance apart and flat on the floor. Place the arms by the sides of the body with the palms down. The back, pelvis and spine should be in a neutral position. Pull the abdominals in and tighten the gluteals. Using the powerhouse, bend the legs at the knees so that the thighs are perpendicular and the shins are parallel to the floor. Squeeze the lower extremities together. Maintain this position.</p>	Personal Execution