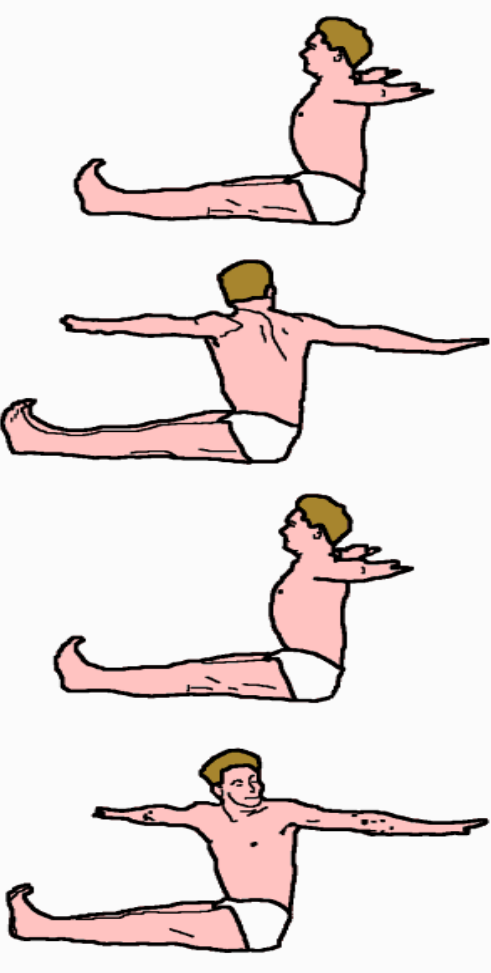


## Movement and Relaxation Pilates Skill Assessment

Name:	Skill: <b>Twist</b>
Critical Instances	Personal Execution
 <p>Begin in a seated position with the legs extended straight on the mat and spread more than hip-width apart, knees pointed to the ceiling and feet flexed. Inhale and sit tall on your sits bones with your back against an imaginary wall. Extend the arms out to the sides and parallel to the floor at shoulder height. Palms face the floor. Lift the chest and bring the shoulders back and down. Exhale and move the torso to the right. Pulse two. Inhale and move the torso, twisting to the left. Pulse two. Repeat.</p>	