



Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Windshield Wiper
Critical Instances	Personal Execution
  <p>Begin in table top with the arms extended to the sides of the body at shoulder level. Palms face down. Keep the shoulders relaxed. Inhale. Exhale and lower the legs to the right. Keep the legs closed. Inhale. Exhale and raise the legs to table top. Repeat on the other side.</p>	