STANDARD LSVT BIG® MAXIMAL DAILY EXERCISES

START 1 OUT BIG 2 DOWN BIG







3 UP BIG

4 HOLD BIG

5 END BIG







Starting position – Sit at the edge of the chair with **BIG POSTURE**.

- 1. Reach **OUT BIG**.
- 2. Reach **DOWN BIG**.
- Reach UP BIG.
- 4. Reach **BACK BIG**. Hold **BIG POSTURE** with **BIG HANDS** for 10 counts!
- 5. End **BIG** with hands on thighs. **KEEP YOUR POSTURE BIG!**

MULTIDIRECTIONAL <u>SUSTAINED</u> MOVEMENTS: Exercise 2. **Side to Side**LEFT HAND

1 START

2 REACH BIG & HOLD BIG!







Starting position – Sit at the edge of a chair with **BIG POSTURE**. Start with your left arm out to the side with a **BIG HAND**.

- 1. **REACH BIG** across your body with **BIG EFFORT** and **BIG POSTURE**. **PUSH OFF BIG** with the back foot. **HOLD** 10 counts.
- 2. End **BIG** with your left hand on your thigh. Keep your posture **BIG**!

MULTIDIRECTIONAL <u>SUSTAINED</u> MOVEMENTS: Exercise 2. **Side to Side**RIGHT HAND

1 START



2 REACH BIG & HOLD BIG!



3 END BIG!



Starting position – Sit at the edge of a chair with **BIG POSTURE**. Start with your right arm out to the side with a **BIG HAND**.

- 1. **REACH BIG** across your body with **BIG EFFORT** and **BIG POSTURE**. **PUSH OFF BIG** with the back foot. **HOLD** 10 counts.
- 2. End **BIG** with your right hand on your thigh. Keep your posture **BIG**!

MULTIDIRECTIONAL <u>REPETITIVE</u> MOVEMENTS: Exercise 3. **Forward Step FRONT VIEW, RIGHT FOOT**

1 START



2 STEP FORWARD



3 END BIG



Starting position - Stand with **BIG Posture**.

- 1. **STEP FORWARD** with the right foot and **LAND BIG** while reaching BACK with **BIG ARMS** and **BIG HANDS**.
- 2. Bring the right foot back and **END BIG**.

MULTIDIRECTIONAL REPETITIVE MOVEMENTS: Exercise 3. Forward Step

FRONT VIEW, LEFT FOOT

1 START



2 STEP FORWARD



3 END BIG



Starting position – Stand with **BIG Posture**.

- 1. **STEP FORWARD** with the left foot and **LAND BIG** while reaching BACK with **BIG ARMS** and **BIG HANDS**.
- 2. Bring the left foot back and **END BIG**.

MULTIDIRECTIONAL <u>REPETITIVE</u> MOVEMENTS: Exercise 3. **Forward Step SIDE VIEW**

1 START



2 STEP FORWARD



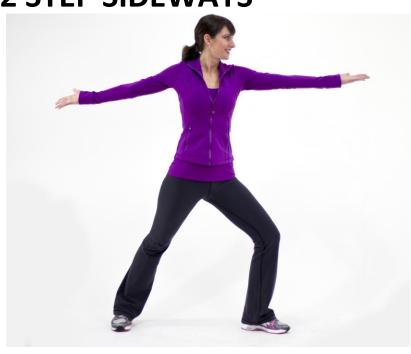
3 END BIG!



MULTIDIRECTIONAL MOVEMENTS: Exercise 4. Sideways Step STEP LEFT







3 END BIG



Starting position -Stand with **BIG Posture**.

- Step out to the side with the left foot and LAND BIG -while reaching out with BIG 1. ARMS, BIG HANDS.
- 2. Return the left foot back to the start and END BIG.

MULTIDIRECTIONAL REPETITIVE MOVEMENTS: Exercise 4. **Sideways Step STEP RIGHT**

1 START BIG 2 STEP SIDEWAYS





3 END BIG



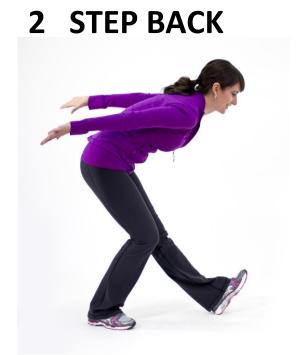
Starting position -Stand with **BIG Posture**.

- 1. Step out to the side with the right foot and **LAND BIG** —while reaching out with **BIG ARMS, BIG HANDS**.
- 2. Return the right foot back to the start and **END BIG**.

MULTIDIRECTIONAL REPETITIVE MOVEMENTS: Exercise 5. Backward Step

SIDE VIEW, RIGHT LEG







Starting position -Stand with **BIG Posture** and arms **BIG in front**.

- 1. Step **BACK BIG** with the right foot while pushing arms down and BACK with a **BIG** movement.
- 2. Return the right foot back to the start and LAND BIG with arms out BIG in front.

MULTIDIRECTIONAL REPETITIVE MOVEMENTS: Exercise 5. Backward Step

SIDE VIEW, LEFT LEG





STEP BACK



3 **END BIG**

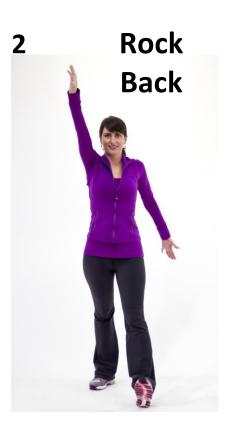


Starting position -Stand with **BIG Posture** and arms **BIG in front**.

- Step BACK BIG with the left foot while pushing arms down and BACK with a BIG 1. movement.
- Return the foot back to the start and LAND BIG with arms out BIG in front. 2.

MULTIDIRECTIONAL REPETITIVE MOVEMENTS: Exercise 6. Forward Rock and Reach LEFT FOOT FORWARD





Starting Position – Keep left foot forward/right foot back and stand with **BIG POSTURE**.

- 1. Begin rocking forward and backward, then gradually add **BIG ARM** swings.
- 2. **ROCK FORWARD** and **REACH UP BIG** with one arm, and **REACH BACK BIG** with the other arm at the same time. Now **ROCK BACK** and switch arms. Keep your **BIG POSTURE!**

MULTIDIRECTIONAL REPETITIVE MOVEMENTS: Exercise 6. Forward Rock and Reach RIGHT FOOT FORWARD

1 ROCK FORWARD







Starting Position – Keep right foot forward/left foot back and stand with **BIG POSTURE**.

- 1. Begin rocking forward and backward, then gradually add **BIG ARM** swings.
- 2. **ROCK FORWARD** and **REACH UP BIG** with one arm, and **REACH BACK BIG** with the other arm at the same time. Now **ROCK BACK** and switch arms. Keep your **BIG POSTURE!**

1 START BIG







3 END BIG!



Starting Position - Stand with a **BIG Base** of support and **BIG Posture**.

- 1. **TWIST BIG** to your right as far as possible, while **REACHING BIG** across your body with your left arm and reaching back with your right arm.
- 2. Twist back to the starting position with **BIG EFFORT** and **END** with **BIG POSTURE**.

ROCK AND REACH LEFT

1 START BIG





3 END BIG!



- 1. **TWIST BIG** to your left as far as possible, while **REACHING BIG** <u>across</u> your body with your right arm and reaching back with your left arm.
- 2. Twist back to the starting position with **BIG EFFORT** and **END** with **BIG POSTURE**.

FUNCTIONAL COMPONENT MOVEMENT:

Sit to Stand







Starting position – Sit at the edge of the chair with **BIG POSTURE**.

- 1. <u>Reach forward</u> with **BIG ARMS AND BIG EFFORT** so that your hips start come out of the chair.
- 2. Drive your arms back as you **STAND UP** with **BIG POSTURE!**