

STANDARD LSVT BIG® MAXIMAL DAILY EXERCISES

MULTIDIRECTIONAL SUSTAINED MOVEMENTS: Exercise 1. Floor to Ceiling

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**.
3. 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 SUSTAINED MOVEMENTS: Exercise 2. **Side to Side**
LEFT 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 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 SUSTAINED 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 REPETITIVE 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 REPETITIVE MOVEMENTS: Exercise 3. **Forward Step**

SIDE VIEW

1 START



2 STEP FORWARD



3 END BIG!



MULTIDIRECTIONAL MOVEMENTS: Exercise 4. **Sideways Step**

STEP LEFT

1 START BIG



2 STEP SIDWAYS



3 END BIG



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

1. Step out to the side with the left foot and **LAND BIG** –while reaching out with **BIG 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

1 START



2 STEP BACK



3 END BIG



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

1 START



2 STEP BACK



3 END BIG



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

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

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

1 ROCK FORWARD



2 Rock Back



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



2 Rock Back



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!**

MULTIDIRECTIONAL REPETITIVE MOVEMENTS: Exercise 7. **Sideways Rock and Reach**
ROCK AND REACH RIGHT

1 START BIG



2 TWIST 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



2 TWIST BIG



3 END BIG!



1. **TWIST BIG** to your left as far as possible, while **REACHING BIG** across 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. Reach forward 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!**