SEATED
LSVT BIG®
MAXIMAL DAILY EXERCISES
Exercise 1. Floor to Ceiling

START → OUT → DOWN →

UP → BACK & HOLD for 10 → 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**.
5. Hold 10 counts. **KEEP YOUR POSTURE BIG**!
6. End **BIG** with hands on thighs.
7. Repeat _____ times.
Exercise 2. Side to Side

Starting position – Sit at the edge of a chair with BIG POSTURE. Place one hand on the chair next to you. Start with your arm out to the side with a BIG HAND.

1. Reach ACROSS your body with a BIG REACH and BIG PUSH with your leg. Maintain your BIG POSTURE.
2. HOLD 10 counts. KEEP YOUR POSTURE BIG!
3. End BIG with your hand on your thigh.
4. Repeat _____ times to each side.
Exercise 3. Forward Step and Reach

START → BIG STEP FORWARD → END BIG

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

1. **STEP FORWARD** with one foot and **LAND BIG**. Open your arms and hands **BIG**.
2. Return the same foot back to starting position with a **BIG STOMP** and a **BIG SLAP** of your hands on your thighs.
3. Repeat ____ times with each foot.
Exercise 4. Sideways Step and Reach

START → BIG STEP SIDEWAYS → END BIG

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

1. Step out to the side with one foot and LAND BIG. Reach out with BIG ARMS and BIG HANDS.
2. Return the same foot back to starting position with a BIG STOMP and BIG SLAP of your hands on your thighs.
3. Repeat ____ times with each foot.
Exercise 5. Backward Step and Reach

START → STEP BACK & REACH BACK BIG → END BIG

Starting position - Sit at the edge of the chair with BIG POSTURE and BIG HANDS in front of you.

1. Step BACK BIG with the one foot while reaching BACK with BIG ARMS. Lift toes of opposite foot.
2. Return the same foot back to starting position with a BIG STOMP and BIG ARMS out in front.
3. Repeat ____ times with each foot.
Exercise 6. Forward Rock and Reach

REACH BIG!

ROCK BIG!

Starting Position – Sit at the edge of the chair with **BIG POSTURE**. Place one foot forward and one foot back in a wide stance.

1. Begin rocking feet forward and backward from one foot to the other. **There is no stepping!**
2. Gradually add **BIG REACHES**, and keep **ROCKING** forward and back with your feet.
   Keep your **POSTURE BIG!**
3. Repeat ____ times with each foot forward.
Exercise 7. Sideways Rock and Reach

START BIG  →  TWIST BIG  →  END BIG!

Starting Position - Sit at the edge of the chair with legs wide apart and **BIG POSTURE**.

1. **TWIST BIG** to one side as far as possible, while reaching **ACROSS** your body with a big reach. Open your arms as **BIG** as you can!
2. Return to the starting position with a **BIG SLAP** of your hands on your thighs and **BIG POSTURE**.
3. Repeat ______ times to each side.
Sit to Stand, One Handed Support

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

1. Reach forward with a **BIG REACH** with one arm and **BIG EFFORT** so that your hips lift off the chair.
2. Open your arms **BIG** as you **STAND UP** with **BIG POSTURE**!
3. To sit down, reach forward with one arm with a **BIG REACH**, while you reach back for chair with other arm. Sit down with good control.
4. Repeat 5 times.
Sit to Stand, Two Handed Support

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

1. Lean forward with a **BIG LEAN** and **BIG EFFORT** so that your hips lift off the chair.
2. Open your arms **BIG** as you **STAND UP** with **BIG POSTURE**!
3. To sit down, lean forward with a **BIG LEAN** as you reach back for the chair with both hands. Sit down with good control.
4. Repeat 5 times.