

**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

START →

**REACH BIG & HOLD
FOR 10!**

→ **END BIG!**



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.