

**SUPINE
LSVT BIG®
MAXIMAL DAILY
EXERCISES**

Exercise 1. Floor to Ceiling

START → **UP** → **DOWN** →



OVERHEAD → **OUT & HOLD for 10** → **END BIG!**



Starting position – Lie on your back with your knees bent and feet wide apart. Hands resting on your thighs.

1. Reach arms **UP BIG** toward the ceiling.
2. Reach **DOWN BIG** towards feet.
3. Reach **OVERHEAD BIG**.
4. Reach **OUT BIG** to your sides.
5. Hold 10 counts. **KEEP YOUR POSTURE BIG!**
6. End with a **BIG SLAP** of your hands back onto your thighs.
7. Repeat _____ times.

Exercise 2. Side to Side

START



**REACH ACROSS BIG
& HOLD FOR 10!**



END BIG!



Starting position – Lie on your back with knees bent and feet wide apart. 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.
2. **HOLD** 10 counts. **REACH AS FAR AS YOU CAN!**
3. End with a **BIG SLAP** of your hand back onto your thigh.
4. Repeat ____ times to each side.

Exercise 3. Forward Step and Reach

START →



BIG STEP →



END BIG



Starting position – Lie on you back with your legs straight, hands resting on thighs.

1. Bend one leg up with **BIG EFFORT** and **STOMP BIG** while opening your arms and hands **BIG**.
2. Return leg and arms back to starting position with **BIG EFFORT** and a **BIG SLAP** of hands.
3. Repeat _____ times with each leg.

Exercise 4. Sideways Step and Reach

START →



BIG STEP SIDeways →



END BIG



Starting position – Lie on your back with legs straight, hands resting on thighs.

1. Lift one leg out to the side with **BIG EFFORT** while reaching out with **BIG ARMS** and **BIG HANDS**. Turn your head to that same side.
2. Return leg and arms back to starting position with **BIG EFFORT** and a **BIG SLAP** of hands.
3. Repeat ____ times with each leg.

Exercise 5. Backward Step and Reach

START →



STEP DOWN & REACH BACK BIG →



END BIG



Starting position – Lie on your back near the side of the bed with knees bent, hand reaching up to ceiling.

1. Step **DOWN BIG** with foot while reaching **BACK BIG** with a **same side arm**.
2. Return foot back to starting position with a **BIG STOMP** and **BIG REACH** up to ceiling.
3. Repeat ____ times on each foot.

Exercise 6. Forward Rock and Reach

REACH BIG!



ROCK BIG!



Starting Position – Lie on your back with your knees bent. Step one foot forward and one foot back. Reach one arm overhead, other arm down at side.

1. Begin rocking feet from toe lift to heel lift, alternating feet.
2. Gradually add in **BIG REACHES**, alternating arms while **ROCKING** feet.
3. Repeat ____ times with each foot forward.

Exercise 7. Sideways Rock and Reach

START BIG →



REACH BIG →



END BIG!



Starting Position – Lie on your back with your knees bent and feet wide apart. Arms **OUT BIG** to your sides.

1. **REACH ACROSS** your body **BIG** as far as possible with a **BIG PUSH** from the same side leg.
2. Return to the starting position with **ARMS OUT BIG**.
3. Repeat _____ times to each side.

FUNCTIONAL COMPONENT MOVEMENT #1:

Sit to Stand, One Hand



Starting position – Sit at the edge of the chair with **BIG POSTURE**, 1 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. Reach 1 arm forward with a **BIG REACH**, reach back for chair with other arm and sit down with good control.
4. Repeat 5 times.

FUNCTIONAL COMPONENT MOVEMENT #1:

Sit to Stand, Two Hands



Starting position – Sit at the edge of the chair with **BIG POSTURE**, 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. Reach back to the chair with a **BIG REACH** and sit down with good control.
4. Repeat 5 times.