## **Fitness Board**

**Arm Raise** 

Raise arms & hold for 10 counts



Push-ups Do 5 to 10 pushups



**Leg Lifts** Lift legs high, right and left. Do <u>5</u> on each leg



**Superman Exercise** Do 5 to 10



Wheelchair Push-up



**Quad Stretch** 

Hold chair, bend knee back and hold for 5 counts .Repeat on other leg

**Arm Circles** Do 10 forward &



Sit-ups Do 5 to 10 s



Seated/Wheelchair Arm Lift.



Windmill

Alternate touching toes. Do 5 to each side.



Jump Rope



**Ball Squeeze** Squeeze a soft ball, or



**Touch Toes** 

Do 10



**Butterfly Stretches** Do 5 to 10



**Seated Toe Touches** 



Leg lifts

Lie on back and raise legs up. Do 5 on each



Band Stretch/Towel Stretch. Dó 10



**Finger Stretch** 

Grab your hand & with your other hand, pull fingers gently for 15 seconds on each hand.



**Jumping Jacks** 

Do 10



**Bend Knees and Squat** 

Do 5 to 10 times



**Modify Wall Push-ups** 

Do 10



Jump How high can you JUMP! Do 5



**Mountain Climber** 

Do 10





## Upper Arm Lift with Support

Gently stretch arm to side, back, and up. Do 3 timés.





**Side Stretch** 

Stretch to right & left 10 times



**Balance** on one leg, then switch to other leg. Do 5 on each leg.



Side Lunges.

Do 5 to each side



Run fast, Run Slow!

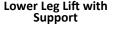
Run an ft ato 5 times



## **Bicep Curls**

Using light weights, bend at elbow and bring weight to shoulder. Do 5 times each arm.





Gently bend leg at knee & stretch toward body. Hold for 10 sec. on éach leg

