

Fitness Board

Arm Raise Raise arms & hold for 10 counts 	Arm Circles Do 10 forward & backwards 	Touch Toes Do 10 	Jumping Jacks Do 10 	Side Stretch Stretch to right & left 10 times 
Push-ups Do 5 to 10 pushups 	Sit-ups Do 5 to 10 s 	Butterfly Stretches Do 5 to 10 	Bend Knees and Squat Do 5 to 10 times 	Balance on one leg , then switch to other leg. Do 5 on each leg. 
Leg Lifts Lift legs high, right and left. Do 5 on each leg 	Seated/Wheelchair Arm Lift. Do 5 	Seated Toe Touches Do 10. 	Modify Wall Push-ups Do 10 	Side Lunges. Do 5 to each side 
Superman Exercise Do 5 to 10 	Windmill Alternate touching toes. Do 5 to each side. 	Leg lifts Lie on back and raise legs up. Do 5 on each 	Jump How high can you JUMP! Do 5 	Run fast, Run Slow! Run 20 ft 3 to 5 times 
Wheelchair Push-up Do 5 to 10 	Jump Rope Jump as much as you want 	Band Stretch/Towel Stretch. Do 10 	Mountain Climber Do 10 	Bicep Curls Using light weights, bend at elbow and bring weight to shoulder. Do 5 times each arm. 
Quad Stretch Hold chair, bend knee back and hold for 5 counts .Repeat on other leg 	Ball Squeeze Squeeze a soft ball, or r... 	Finger Stretch Grab your hand & with your other hand, pull fingers gently for 15 seconds on each hand. 	Upper Arm Lift with Support Gently stretch arm to side, back, and up. Do 3 times. 	Lower Leg Lift with Support Gently bend leg at knee & stretch toward body. Hold for 10 sec. on each leg 