

# Sit to Stand

**A**

Two hands on  
chair arms.

**B**

One hand on chair

**C**

No hand on chair.



# Ball round tummy

A

In sitting

B

In standing

C

In standing-both  
directions



# Arm stretch up with band

**A**

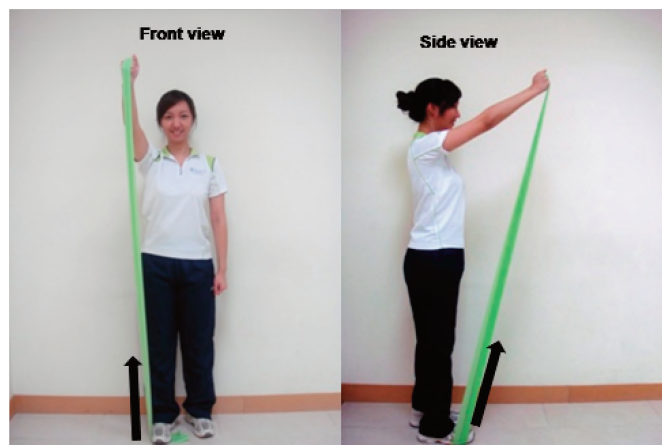
In sitting stretch up  
and across body.

**B**

In standing- band under  
one foot- pull up and  
across.

**C**

Increase stretch



# Bouncing/ Throwing Ball

**A**

In sitting bounce  
between legs/throw up

**B**

In standing  
bounce/throw up

**C**

One hand  
bounce/throw 2 hands



# Lunges L&R

**A**

Standing holding  
rail-lunge forward

**B**

Standing lunge  
forward

**C**

Lunge and lift back  
foot- hold x3secs



# Chair to Chair

**A**

Stand from chair  
and turn to sit in  
opposite chair

**B**

No hands on chair  
arms

**C**

Change direction



# Side Stepping

**A**

Side stepping  
down chairs

**B**

Increase step  
width

**C**

Step past front leg



# Ball Under Foot

**A**

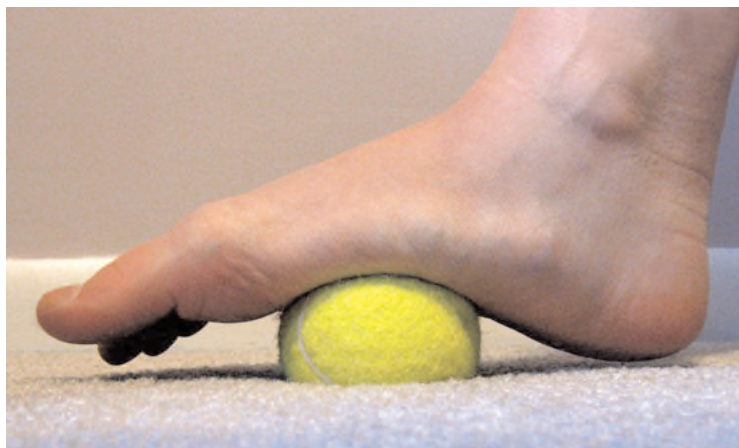
Roll ball under foot  
up and down

**B**

Roll in circles

**C**

Roll across foot





# Stepping over Theraband

**A**

Step over bands  
holding rail

**B**

No holding on

**C**

Backwards  
stepping



# Sitting on Gym Ball

**A**

Two hands on chair arms.

**B**

One hand on chair

**C**

No hand on chair.



# Knee Rolls on Floor

**A**

Lying on back  
knees one way.

**B**

Knees and trunk  
both ways.

**C**

Arms opposite  
way.



# Rotations

A

Step round in  
circle holding rail

B

No hands

C

Reduce number  
of steps



# Rowing

A

pull away from  
your body

B

Increase distance

C



# Box Steps

**A**

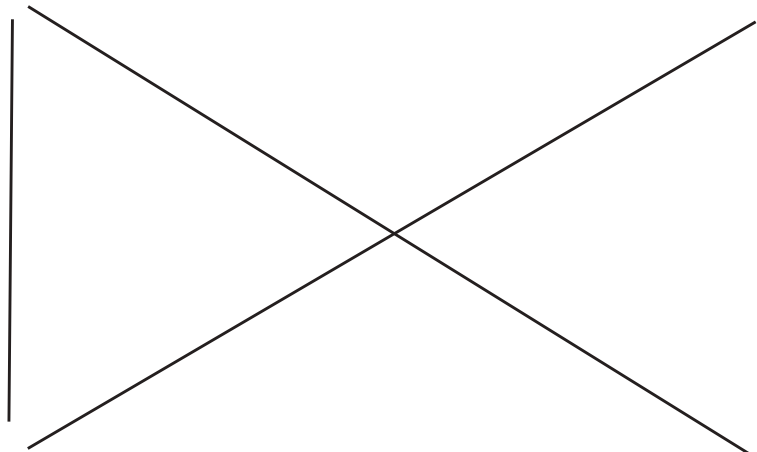
step into corners  
of a box

**B**

Increase distance

**C**

Cross over feet as  
you step



# Squats

**A**

Arms by your side

**B**

Arms out in front

**C**

Holding a ball

# Windmill Arms

**A**

Stand still

**B**

Rotate upper trunk

**C**

Reverse directions