STANDARD LSVT BIG®
MAXIMAL DAILY EXERCISES
Exercise 1. Floor to Ceiling

START BIG → OUT BIG → DOWN BIG → UP BIG → 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 BIG → REACH BIG & HOLD FOR 10 → END BIG

Starting position – Sit at the edge of a chair with BIG POSTURE. 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 BIG → END BIG

Starting position - Stand with BIG POSTURE.

1. **STEP FORWARD** with the 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 **BIG SLAP** of hands.
3. Repeat ____ times with each foot.
Exercise 4. Sideways Step and Reach

START BIG → STEP SIDEWAYS BIG → END BIG

Starting position - Stand with **BIG POSTURE**.

1. Step out to the side with the 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 hands.
3. Repeat ____ times with each foot.
Exercise 5. Backward Step and Reach

Starting position - Stand with **BIG POSTURE** and **BIG HANDS** in front of you.

1. Step **BACK BIG** with the one foot while reaching **BACK** with **BIG ARMS**.
2. Return the same foot back to starting position with a **BIG STOMP** with **BIG ARMS** in front.
3. Repeat ____ times on each foot.
Exercise 6. Forward Rock and Reach

**ROCK FORWARD & REACH BIG → ROCK BACK & REACH BIG**

Starting Position – Place one foot forward/one foot back in a wide stance with BIG POSTURE.

1. Begin rocking forward and backward from one foot to the other. No stepping!
2. Gradually add BIG REACHES, and keep ROCKING forward and back. 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 - Stand with a **BIG BASE** of support 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 **BIG SLAP** of hands and **BIG POSTURE**.
3. Repeat ______ times to each side.
FUNCTIONAL COMPONENT MOVEMENT #1:

Sit to Stand

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