

Sit-to-Stand

First Round and Recovery

Complete this exercise during the guided FIT4Life class. Choose the movement option and support that fit you today.

Safety Reminder

Make sure your chair is secure and cannot move. Use your hands and keep the backs of your legs in contact with the chair if you need additional support.

First Round

Complete up to 10 Sit-to-Stands.

I completed: _____ out of 10

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ One hand ☐ Both hands ☐ Legs against the chair Another support:	☐ Too much for me today ☐ Very challenging ☐ Appropriately challenging ☐ Manageable ☐ I may be ready for more

One-Minute Recovery

After one minute, I felt:

- ☐ Ready to continue
- ☐ I needed more recovery
- ☐ Continuing did not feel appropriate today

Sit-to-Stand

Second Round and Where I Will Begin

Complete a second round when it feels safe and appropriate for you today.

Second Round

Complete up to 10 Sit-to-Stands.

I completed: _____ out of 10

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option: _____ _____	☐ Too much for me today ☐ Very challenging ☐ Appropriately challenging ☐ Manageable ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ Easier
- ☐ About the same
- ☐ More challenging
- ☐ I stopped or changed the exercise

Where I Will Begin

Number of repetitions: _____

Support I will use: _____

Recovery or rest I may need: _____

This is where I will begin—not a level I must stay at or repeat every time.

Row and Kickback

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Row and Kickback

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Upper-Body Push and Pull

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

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First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

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Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Upper-Body Push and Pull

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

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Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Overhead Press

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

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Overhead Press

Second Round and Where I Will Begin

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Support I will use: _____

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Bicep Curl and Hammer Curl

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

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First Round

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