

Shoulder Rotation

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

Shoulder Rotation

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.

Hip Rotation

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Core Rotation

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Core Rotation

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