

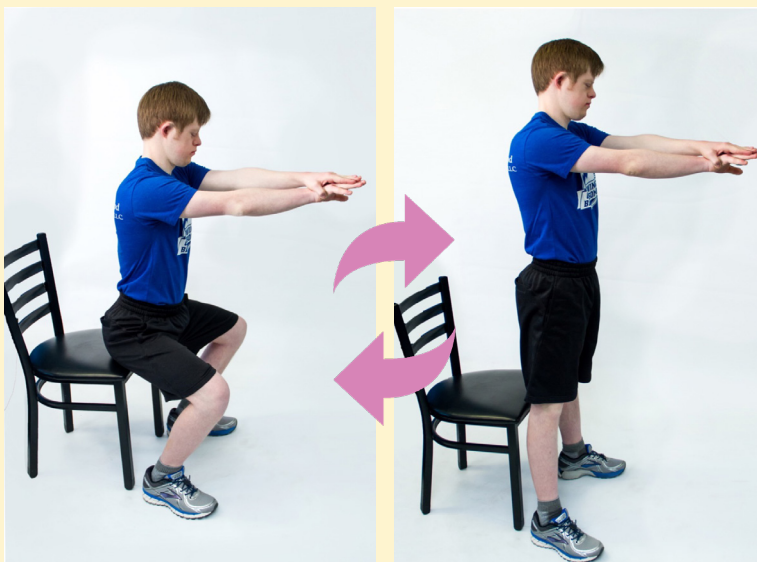
Simple Workouts You Can Do Today!

It is never too early to start your fitness and wellness journey! GiGiFIT has programs for infants through adults. Did you know strengthening your infant's core will help their speech?

The GiGiFIT programs are designed to address common issues for individuals with Down syndrome including hypotonia, excessive joint laxity, and decreased balance. Every GiGiFIT program is safe, effective and progressive. GiGiFIT helps participants build strength, endurance, power, joint stability, balance and movement control. GiGiFIT empowers participants to be more independent and confident in their abilities while improving their overall health and wellness.

1. Foundational Movement

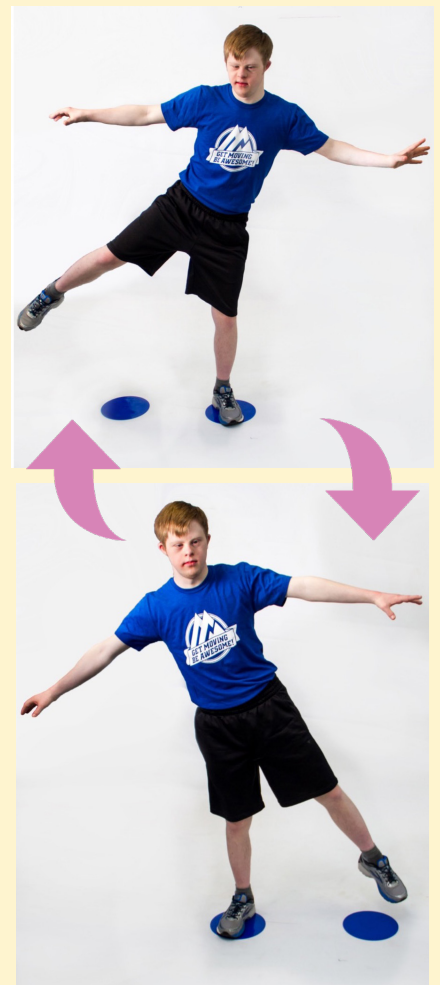
Squats - Squat onto a chair for extra balance
15 repetitions



2.

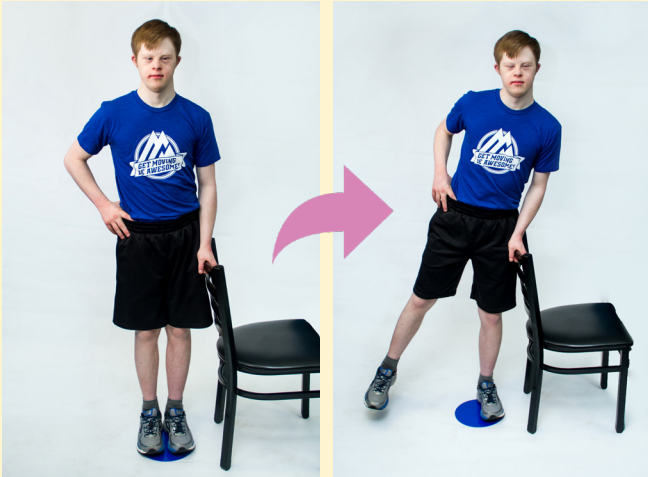
Vestibular Movement

Lateral Tilts - no hold
15 each side



3. Hip Strengthening Movement

Standing hip abduction
15 each side



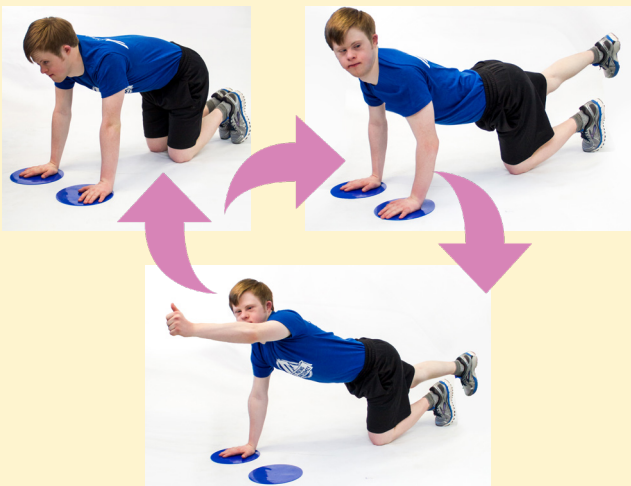
4. Vestibular Movement

Rotational passes – unweighted ball
10 right, then 10 left



5. Hip Strengthening Movement

Quadruped series, hand and knee reaches
15 each side



6. Foundational Movement

Plank – Front plank on toes
20-30 second hold

