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