



Fitness Space Saver Roll-out Activity®– Product Number RRS 002

This activity includes several opportunities for play, physical activity and sensory needs in one compact design. Great for in-classroom, tele-med therapy, or home use. This activity can be rolled-out as is or cut and used separately to customize sequence. This activity was specially designed to help children engage their sensory systems (vestibular, tactile and proprioceptive) and regulate their bodies to increase focus and attention.



- **Squats:** Before starting the movement, tighten your core muscles, like you're about to get punched in the stomach. Stand with your feet shoulder-width apart or slightly wider. Keep your toes pointing forward or slightly out, depending on what feels most natural. Push your hips back, as if you're sitting down in a chair. Bend your knees, but make sure they don't go beyond your toes. Your knees should track in the same direction as your toes (not caving inwards). Keep your weight in your heels, not on your toes. Lower your body until your thighs are parallel to the floor (or as low as you can comfortably go). You can go deeper if your flexibility allows it. To stand back up, push through your heels, not your toes. Imagine pressing the floor away with your feet. Straighten your legs and return to the standing position while keeping your chest up and core tight. Inhale as you lower yourself down. Exhale as you push back up to standing. Squats promote leg and core strength along with balance.
- **Sit-ups:** Lie on your back on a flat surface, such as a mat or the floor. Bend your knees and place your feet flat on the floor, hip-width apart. Keep your knees bent at about a 90-degree angle. Cross your arms over your chest, or place your hands lightly behind your head (be careful not to pull on your neck). Slowly lift your upper body toward your thighs by engaging your abdominal muscles. Avoid using your neck or arms to pull yourself up. Focus on contracting your abs to lift yourself. Keep your elbows wide and your neck in a neutral position (don't strain it). As you lift, keep your lower back on the floor and avoid jerking your body up. Once your upper body is near your thighs, pause for a moment at the top. Lower your back down slowly and with control to the starting position (lying flat on the floor). Don't let gravity take over. You want to control the descent with your core. Exhale as you come up. Inhale as you lower yourself back down. If traditional sit-ups are hard or uncomfortable for you, you can start with "crunches" (where you only lift your upper back off the ground).
- **Lunges:** Stand up straight with your feet hip-width apart. Keep your shoulders back and your chest lifted. Take a big step forward with your right leg. As you step forward, lower your body down into a lunge position. Your front knee should be at about a 90-degree angle. The back knee should hover just above the floor (not touch it). Make sure your front knee doesn't extend past your toes. It should be aligned with your ankle. Keep your torso upright and your core engaged. Lower your back knee toward the ground, keeping your hips square. The back leg should also bend at a 90-degree angle, with your back knee pointing down toward the floor. Push off your front foot to return to the starting position. Bring your right leg back to the original standing position, keeping control of the movement. Now, step forward with your left leg and repeat the process. Inhale as you lower your body down into the lunge. Exhale as you push back up to standing.



- **Agility Ladders:** A fitness agility ladder is a great way to improve speed, coordination, and agility. Use the foot patterns on each section of the mat to guide you to the movements, aligning your feet to each pattern. You can place each foot on the patterns one foot at a time to provide easier, low-impact activity or two at a time for higher impact, vigorous physical activity. Raise and lift arms through these movements as well. As confidence builds, aim to increase speed for faster footwork but without losing control. Stay light on your feet and avoid stomping. Keep your core tight to help with balance and stability. Increase difficulty by trying crossing your midline. Agility ladders are great for improving your overall coordination, footwork, and cardiovascular fitness, so have fun and experiment with different drills!

Thank you and let us know if you have any questions – we’re here to help!

