

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 21

Sit to Stand challenge

The sit-to-stand exercise strengthens your lower body.

To perform it, start seated in a chair with your feet flat on the floor and arms crossed over your chest (or on the armrests if needed for support). Squeeze your tummy muscles, press through your heels, and stand up straight. Then, slowly lower yourself back into the chair. Repeat for 20 repetitions.

Adaptations:

Upper Limb Difference:

If standing is difficult, try using your arms for assistance or complete the exercise with support from a chair or wall.

Lower Limb Difference:

For children with lower limb differences, use a prosthetic/s



or focus on upper body exercises like arm curls or shoulder presses.

This exercise helps build leg strength, balance, and mobility.

If you can't complete these activities, contact us for adaptations.

www.limbpower.com