

## XRCISL INSTRUCTIONS

**There are five groups of exercises for this intervention:**

- Group 1:* To improve ankle flexibility by having the parent or child stretch the back of the calf.
- Group 2:* To improve ankle strength.
- Group 3:* To improve strength, particularly in the legs.
- Group 4:* To improve balance.
- Group 5:* To improve general mobility skills.

**In addition, there is a sixth group that involves activities targeted to help promote heart and lung health (details below).**

**Children should do one (1) exercise from each of the first five (5) groups at their prescribed level every other day (e.g., HC1, AS4, Q3, B1, and GM5 on Monday, Wednesday, Friday).**

**Within each group, exercises progress from easy to hard.**

- Every child should start with the easiest (e.g., HC1) and progress to the hardest (e.g., HC8).
- Within each exercise, there is a progression of repetitions from *Beginner* through *Intermediate* to *Advanced*. During the first session, start at the lowest level (e.g., HC1/Beginner). Once the child can perform the number of repetitions required in the *Advanced* category for the first exercise on the list, progress him/her to the next exercise on the list.
- For the next exercise, again start with the lowest number of repetitions (*Beginner*) and progress to the highest number (*Advanced*) before moving to the next exercise.
- *Progression will vary by child and may take one session or one month. If the child can demonstrate the advanced number of repetitions on a particular exercise at the baseline or any session, he or she may progress to the next exercise.*
- Document the child's progression on the exercises in the activity log, in the chart on the protocol sheet, and in your lab notebook.
- To document the exercise in the activity log, peel off the sticker for the exercise you want the child to do and stick it in the appropriate box (Column 2) in the exercise log for the week. Check the level (*Beginner*, *Intermediate*, *Advanced*) and check the days that the child is to perform the exercise. Write the date of "Day 1" of the weekly log. As the child progresses, peel off the sticker for the next exercise and stick it next to the completed grouping.

**In addition, children/parents should choose one or more (1+) of the following *Group 6* heart and lung fitness activities for the child to do on the opposite days (e.g., Tuesday, Thursday, Saturday).**

1. Walking
2. Running
3. Playing tag
4. Jump rope
5. Frisbee
6. Dancing
7. A kids exercise video
8. Dance dance revolution

- Record their preferred activities in their activity log.
- One (1) of these activities should be done on six (6) days of the week.
- Begin with 5 min once a day and progress to 5 min 4 times a day.
- Add a minute per time until the child gets to 15 min 4 times a day.