

# EXERCISE MODIFICATIONS

## JUMPING JACKS

SUBSTITUTE WITH:



JUMPING JACK ARMS

## PUSH-UPS

SUBSTITUTE WITH:



SEATED CHEST PRESS

## SIT-UPS

SUBSTITUTE WITH:



SEATED CHEST TO KNEES

## BURPEES

SUBSTITUTE WITH:



TOUCH TOES AND  
TOUCH SKY

## SQUATS

SUBSTITUTE WITH:



SEATED ELBOWS TO  
KNEES

## LUNGES

SUBSTITUTE WITH:



SIDE STRETCH

## HIGH KNEES

SUBSTITUTE WITH:



REACH UP AND DOWN  
(ALTERNATING ARMS)

## JOGGING

SUBSTITUTE WITH:



RUNNING ARMS

## JUMPING

SUBSTITUTE WITH:



REACH UP AND DOWN  
(BOTH ARMS)

## TOE TOUCHES

SUBSTITUTE WITH:



SEATED KNEE TOUCHES

## LEG KICKS

SUBSTITUTE WITH:



ARM PUNCHES

## STOMPING

SUBSTITUTE WITH:



CLAPPING

## GENERAL ADAPTATIONS:

- If an activity heavily requires the use of legs, students may choose to do just the upper body movements and/or upper body modifications (such as the ones suggested above).
- Encourage students to go at their own pace and take frequent breaks.
- For students with special education needs, exercises should be adapted in accordance with accommodations/modifications outlined in their Individual Education Plans.