



EXERCISE THEME

WITH MOTION AND EMOTION
WITH MUSCLE MEMORY AND ENERGY

**JOIN THE SIX WEEK WORK OUT WITH ASL
DISCOVERIES! THIS PACKET WILL SHOW YOU ALL THE
MOVES TO MAKE YOU AND YOUR SIGNING STRONGER**

Step 1



Step 2



EXERCISE

**PUSH BOTH ARMS UP SIMULTANEOUSLY
REPEAT MOVEMENT ONCE (OPTIONAL)**

HEALTH

**PULL ARMS FORWARD
SIMULTANEOUSLY AWAY
FROM BODY AND CLOSE
HANDS**

Step 1



Step 2



Step 1



Step 2



BODY

**KEEPING THE SAME
HANDSHAPE LOWER BOTH
ARMS TO JUST ABOVE THE
WAIST**



BIKE

**MOVE YOUR HANDS LIKE
THE PEDALS ON A BIKE
(FORWARD MOTION)**



WALK

**HANDS SWING BACK
AND FORTH AT THE
PACE OF WALKING**



RUN

**HANDSHAPE: POINTER FINGER
OF THE HAND IN THE BACK
IS WRAPPED AROUND THE
THUMB OF HAND IN FRONT
MOVEMENT: WHILE MOVING
BOTH HANDS STRAIGHT
FORWARD SLIGHTLY BEND
POINTER FINGERS**





MOVE
SLIGHTLY
MOVE HANDS
TO THE SIDE

STAND
NO MOVEMENT



SWIM

KEEPING YOUR PALMS
DOWN PUSH BOTH HANDS
OUT TO THE SIDE

Step 1



Step 2



Step 1



Step 2



PLAY

SHAKE BOTH HANDS
KEEPING THE SAME
MOVEMENT ON EACH HAND



JUMP

LIFT HAND OFF OF OTHER BEND FINGERS SLIGHTLY
THEN RETURN BACK TO POSITION 1