

Sing and Strengthen

Sing a few rounds of “Take Me Out to the Ball Game” while you are doing some beginner seated strengthening exercises.

Round One

Take me out to the ball game

Arm stretches: Extend both arms straight in front of you and then slowly raise them overhead. Hold for a moment and then bring them back down to the starting position. Repeat.

Take me out with the crowd

Marching in place: March in place while seated, lifting each knee alternately. Keep your back straight and engage your core.

Buy me some peanuts and Cracker Jack

Shoulder rolls: Roll your shoulders in a circular motion—forward for two counts and then backward for two counts.

I don't care if I never get back

Torso twists: Place your hands on your hips and gently twist your upper body from side to side. Twist only as far as you are comfortable.

Let me root, root, root for the home team

Cheering arm raises: Raise your arms to shoulder height and then bring them back down, mimicking a cheering motion.

If they don't win, it's a shame

Leg extensions: Extend one leg out straight, hold for a few seconds, and then lower it back down. Alternate legs.

For it's one, two, three strikes, you're out

Counting claps: Clap your hands together in front of you once, twice, and then three times, coordinating with the lyrics.

At the old ball game!

Big finish stretch: Reach both arms up high, then out to the sides, and finally bring them down to rest on your lap.

Round Two

Take me out to the ball game

March and stretch: March in place, maintaining a steady rhythm, pumping your arms, and bringing each knee up high toward your chest.

Take me out to the crowd

Arm scissors: Reach your arms out in front and scissor them, bringing your right arm over the left and then your left arm over the right.



Buy me some peanuts and Cracker Jack

Heel kicks: Bring your right heel out in front and your right arm out with your palm facing up. Bring your right leg and arm back to the starting position and bring your left heel out in front and your left arm out with your palm facing up.

I don't care if I never get back

Seated jumping jacks: Jump your legs out to the sides as you reach your arms out to the sides. Jump your legs and bring your arms back to your starting position simultaneously.

Let me root, root, root for the home team

Overhead arm circles right: Bring your right arm straight up, making a fist. Then, using your right arm, make small circles in the air.

If they don't win, it's a shame

Overhead arm circles left: Switch your arms and raise your left arm straight up, making a fist. Then, using your left arm, make small circles in the air.

For it's one, two, three strikes, you're out

Overhead arm claps: Bring your arms overhead, touching your palms together, and then bring your arms out to the sides. Repeat two more times.

At the old ball game!

Hip stretches: Place your hands on your hips and gently turn to the right and left.
