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PUNCHALICIOUS – BOXING4PD

PARKINSON EXERCISECAST EPISODE 3 | WORKSHEET

GOAL

Train the capacity to maintain and divide attention to specific auditory and visual stimulus while stepping and doing boxing large-amplitude arm movements.

The **primary motor goals** are physical capacity, large amplitude arm movements, movement speed, and voice loudness.

The **primary cognitive functions** targeted are working memory, sustained and divided attention.

SAFETY ISSUES

Reinforce wide base of support and knees slightly unlocked.

Continuously monitor fatigue and frustration levels.

DESCRIPTION OF THE EXERCISE

MOVEMENT • VOICE • COGNITION

We will use boxing-like movements while adding in additional voice or cognitive tasks. Each movement will be coded to a number (1-8). Every time a number or sequence of numbers is heard, participants will respond with a specific action or verbal response, as described in each activity below.

The number of actions that participants will need to remain focused upon will increase progressively and decreased at the end.

Music is included to help facilitate movement and also make the exercise more engaging.

Have a punch of fun!

Stage 1 *Physical Warm-up*

Do the movements you see and try to follow along with the changes that happen unpredictably. Try to change as fast as possible.

Stage 2 *Breath and Vocal Warm-up*

Learn 4 key movements of boxing while incorporating breathing and voice prompts. Remember to use your voice safely throughout the activity.

PROJECT INFO

Parkinson Exercisecast is a web-based exercise program that offer people with Parkinson exercises that are challenging and surprisingly fun by combining voice, movement and cognition all into one.

For more information regarding the project, please email info@epda.eu.com

For more information regarding the exercise (e.g. adjustments to your needs and home setting situation), please contact John Dean or Josefa Domingos to help you at john@triadhealthai.com

Stage 3 *Fire-Up 1*

In this exercise, we will hear random boxing bell sounds. Respond by saying out loud the number of punches that correspond to the number of bells heard while doing the associated punches. For example: if you hear 2 bells you will say “1-2” as you do the boxing movement 1 and 2.

Stage 4 – *Fire-Up 2*

Learn 4 more movements including movements for the legs. Train the sequence of the 1-8 movements in order and then randomly. You will hear the instructions of a number and will do the corresponding movement.

For example, when you hear the number “2”, you will do boxing movement 2 (punch with the right fist) and so forth.

Stage 5 – *Fire-Up 3*

Learn 3 boxing sequences. Perform them according to the different instructions given in the video (together, reverse order and only the odds/evens).

Stage 6 – *Fire-Up 4*

While listening to sequences of 4 random numbers, reorganize the sequence and perform the movements going from the smallest to the biggest number.

Stage 7 – *Empowering Fire-Down*

In a safe standing position, if you hear 1-2, do the corresponding boxing movements and say “I CAN”. If you hear 3-4, do the corresponding boxing movements and say “I WILL”. If you hear 5-6, do the corresponding boxing movements and say “I MUST”. If you hear 7-8, do the corresponding boxing movements and say “I DID”.

Stage 7 – *Recharge Cool down*

Allow yourself to go along with the song and try to do the punching movements 1-2 in two different positions (Up or Down) according to the instructions you hear in the song.