



PD5

FITNESS CARD GAME



AMPLIFY



DRIVE



REACT



POWER



CONNECT

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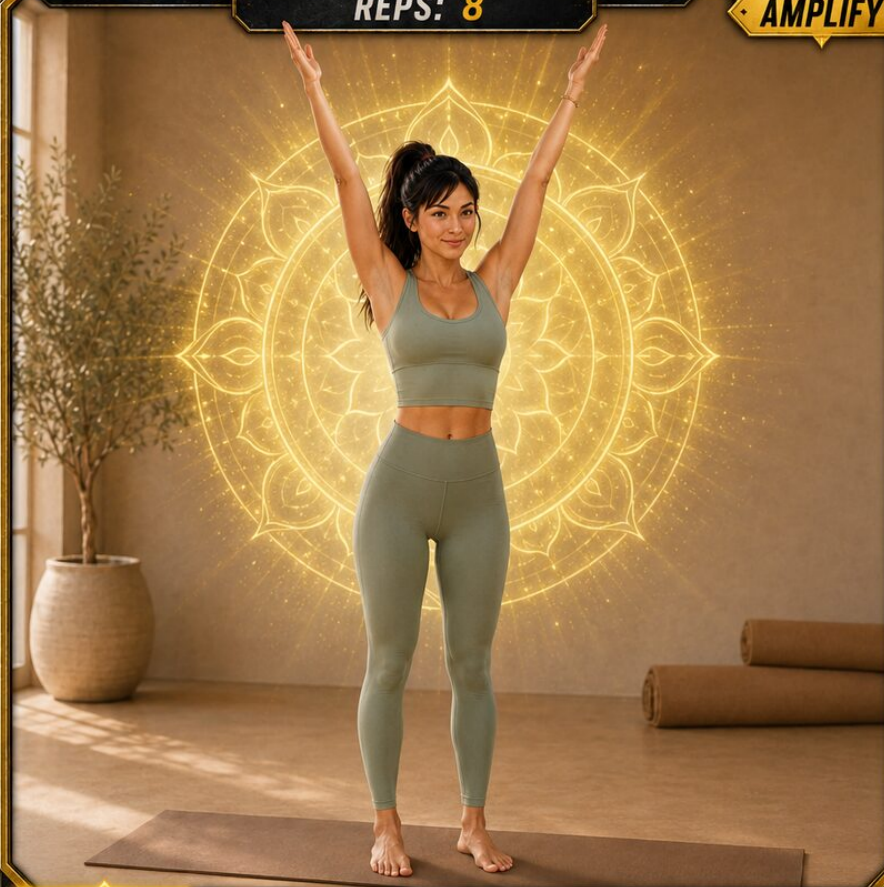
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VICTORY REACH

Upward Salute

REPS: 8

AMPLIFY



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CONNECT

Stand tall with soft knees and raise both arms overhead into a strong victory position. Lower the arms slowly while keeping your spine upright.

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PD5 YOGA | CARD 01 OF 20

VICTORY REACH

Upward Salute

AMPLIFY

DIFFICULTY ● ● ● ● ●

STANDARD

MOVEMENT FOCUS

A tall standing reach that pairs upright posture with a deliberate overhead arm movement.

KEY BENEFITS

- 1 Encourages a larger, more confident range of motion.
- 2 Mobilizes the shoulders while reinforcing an upright trunk.
- 3 Links breathing with a simple whole-body movement.
- 4 Provides an accessible opening movement before harder tasks.

WHY IT MATTERS

Beginning with a clear upward reach helps establish posture, attention and movement amplitude for the session.

SAFE SCALING

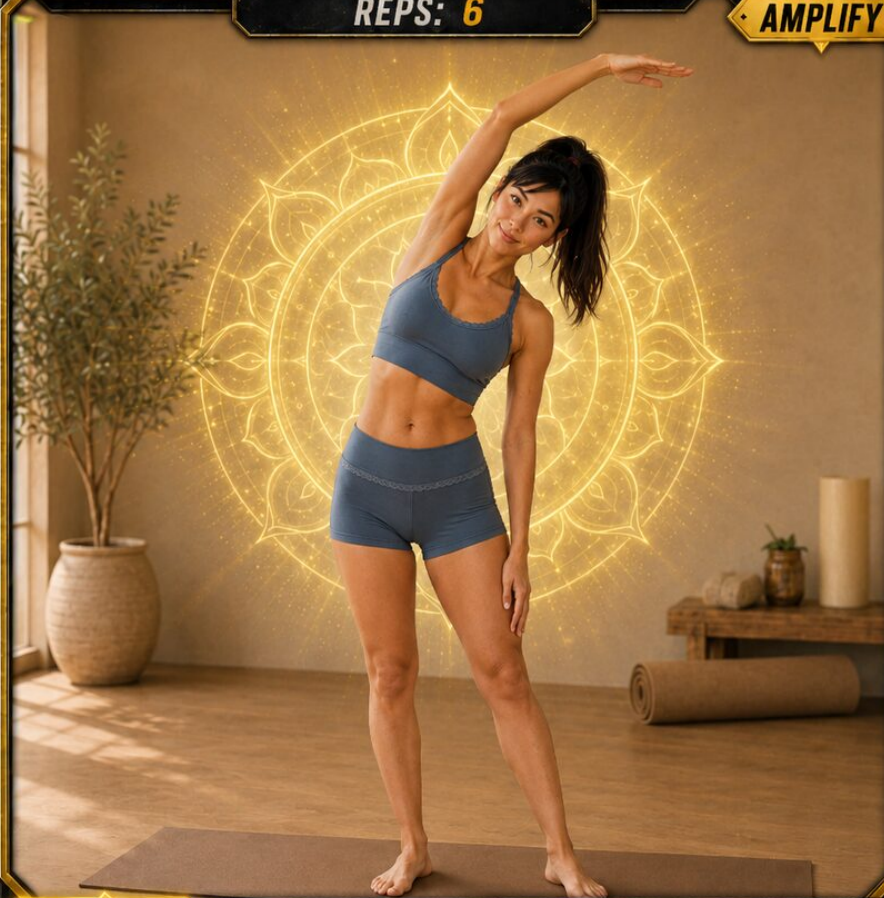
Keep the ribs controlled and raise the arms only as high as comfortable. Use a chair or wall for standing support.

STANDING SIDE STRETCH

Standing Side Bend

REPS: 6

AMPLIFY



Raise one arm overhead and lean gently toward the opposite side. Return to center and switch arms.

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PD5 YOGA | CARD 02 OF 20

STANDING SIDE STRETCH

Standing Side Bend

AMPLIFY

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STANDARD

MOVEMENT FOCUS

A controlled lateral bend that lengthens one side of the body while the feet remain grounded.

KEY BENEFITS

- 1 Promotes side-body and trunk mobility.
- 2 Encourages controlled weight distribution through both feet.
- 3 Builds awareness of upright alignment during bending.
- 4 Supports comfortable reaching in daily activity.

WHY IT MATTERS

Lateral movement adds variety beyond forward-facing exercise and helps preserve usable trunk range.

SAFE SCALING

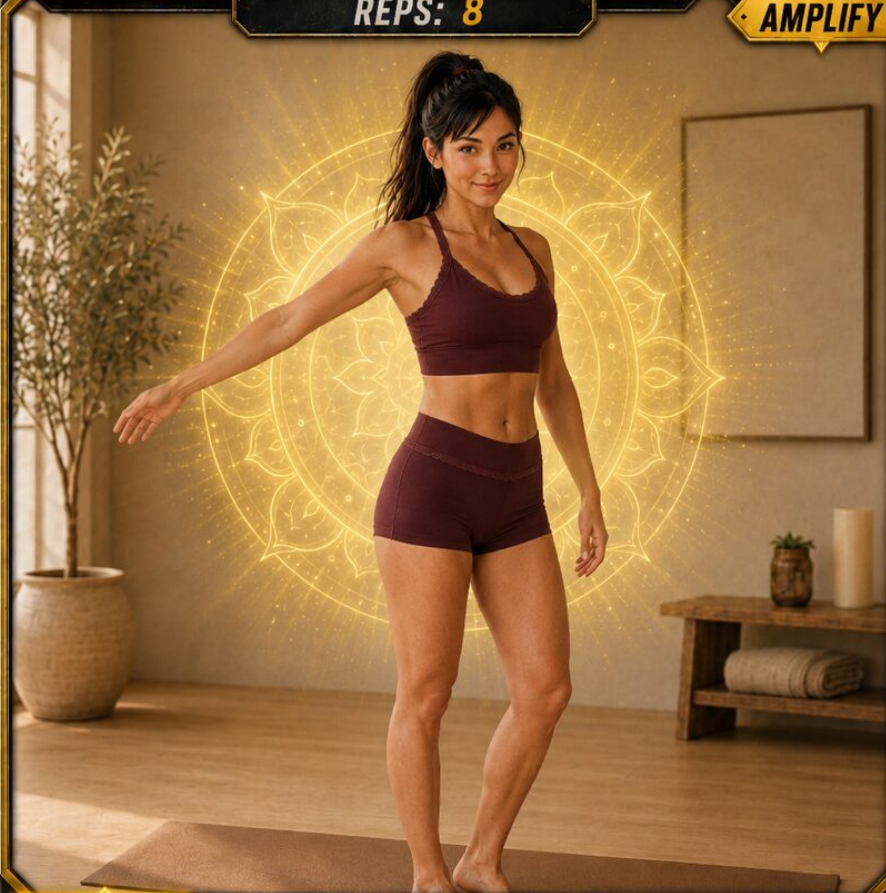
Keep both feet planted and avoid collapsing forward. Reduce the range or keep the top hand on the hip.

BACKSTROKE ARM CIRCLES

Backward Arm Circles

REPS: 8

AMPLIFY



Sweep one arm backward in a large circle, then alternate sides. Keep your ribs controlled and move through a comfortable shoulder range.

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PD5 YOGA | CARD 03 OF 20

BACKSTROKE ARM CIRCLES

Backward Arm Circles

AMPLIFY

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STANDARD

MOVEMENT FOCUS

Alternating backward arm circles performed with a stable trunk and relaxed shoulders.

KEY BENEFITS

- 1 Explores shoulder motion through a broad circular path.
- 2 Encourages coordinated alternating arm movement.
- 3 Promotes upper-body rhythm without heavy resistance.
- 4 Helps prepare the shoulders for reaching and posture work.

WHY IT MATTERS

Large circular movements can counter the tendency toward smaller, guarded upper-body motion.

SAFE SCALING

Use a smaller circle if the shoulder pinches or elevates. Keep the ribs and lower back neutral.

SNOW ANGELS

Standing Snow Angels

REPS: 6

AMPLIFY



Sweep both arms outward and overhead,
then bring them back to your sides.
Keep the movement broad, slow, and controlled.

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SNOW ANGELS

Standing Snow Angels

AMPLIFY

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STANDARD

MOVEMENT FOCUS

A symmetrical arm sweep from the sides toward overhead and back down with steady posture.

KEY BENEFITS

- 1 Practices broad bilateral arm movement.
- 2 Encourages shoulder mobility and chest opening.
- 3 Reinforces smooth pacing and movement symmetry.
- 4 Combines posture control with an easy-to-follow pattern.

WHY IT MATTERS

A familiar movement pattern makes it easier to practice amplitude, symmetry and controlled return.

SAFE SCALING

Stop below any painful range. Keep the shoulders down and bend the elbows slightly if needed.

ARM CIRCLES

Arm Circles

REPS: 8

AMPLIFY



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CONNECT

Extend your arms comfortably and make large controlled circles.
Reverse direction after completing the first set.

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ARM CIRCLES

Arm Circles

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STANDARD

MOVEMENT FOCUS

Both arms trace controlled circles while the body remains tall and centered.

KEY BENEFITS

- 1 Warms the shoulders through repeated movement.
- 2 Develops control across changing arm positions.
- 3 Encourages steady breathing during upper-body activity.
- 4 Can be performed standing or seated.

WHY IT MATTERS

Simple repetition creates an accessible way to practice range, rhythm and sustained attention.

SAFE SCALING

Begin with small circles and increase only if comfortable. Stop if numbness, sharp pain or dizziness occurs.

Y-T-A POSTURE FLOW

Y-T-A Raises

REPS: 6

AMPLIFY



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CONNECT

Move your arms into a high Y,
a wide T, and a low A position.
Pause briefly in each shape while standing tall.

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Y-T-A POSTURE FLOW

Y-T-A Raises

AMPLIFY

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STANDARD

MOVEMENT FOCUS

A sequence of three arm shapes that emphasizes upper-back engagement and postural control.

KEY BENEFITS

- 1 Promotes awareness of shoulder-blade position.
- 2 Encourages an open chest and upright trunk.
- 3 Adds memory and sequencing to a posture exercise.
- 4 Builds controlled endurance without external weight.

WHY IT MATTERS

Moving through distinct shapes links posture, coordination and cognitive sequencing in one drill.

SAFE SCALING

Keep the arms below shoulder height if overhead movement is uncomfortable. Avoid shrugging.

LARGE SIDE STEP AND REACH

Side Step and Reach

REPS: 6

AMPLIFY



Step wide to one side while reaching both arms in the same direction. Return to center and repeat on the opposite side.

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PD5 YOGA | CARD 07 OF 20

LARGE SIDE STEP AND REACH

Side Step and Reach

AMPLIFY

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STANDARD

MOVEMENT FOCUS

A broad lateral step paired with a purposeful reach in the same direction.

KEY BENEFITS

- 1 Encourages larger stepping and reaching amplitude.
- 2 Practices side-to-side weight transfer.
- 3 Challenges coordination of the arms and legs.
- 4 Builds confidence moving beyond a narrow base.

WHY IT MATTERS

Lateral stepping is important for navigating space, changing direction and responding to balance demands.

SAFE SCALING

Use a counter or chair for support. Make the step smaller and keep the toes facing forward.

WORLD'S GREATEST STRETCH

World's Greatest Stretch

CHALLENGE

REPS: 8

AMPLIFY



AMPLIFY



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CONNECT

Step into a supported lunge, place one hand near the front foot, and rotate the opposite arm upward. Return carefully and repeat on the other side.

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WORLD'S GREATEST STRETCH

World's Greatest Stretch

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CHALLENGE

MOVEMENT FOCUS

A supported lunge combined with trunk rotation and an upward reach.

KEY BENEFITS

- 1 Combines hip, trunk and shoulder mobility.
- 2 Challenges balance across multiple movement planes.
- 3 Requires coordinated transitions between positions.
- 4 Encourages controlled rotation and visual tracking.

WHY IT MATTERS

This multi-part movement integrates several mobility and balance demands, making it more complex than a single-position stretch.

SAFE SCALING

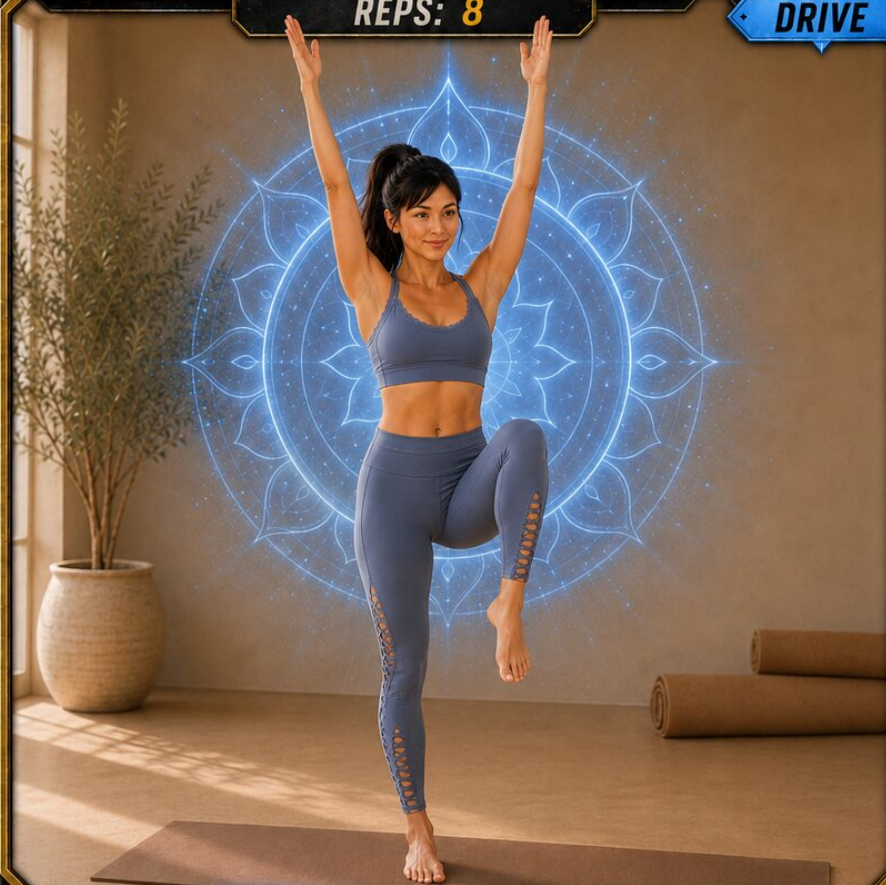
Use blocks, a chair or a wall. Shorten the lunge and keep the rear knee down if needed. Challenge cards require additional control.

MARCHING MOUNTAIN FLOW

Mountain March

REPS: 8

DRIVE



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CONNECT

Stand tall and alternate slow knee lifts while your arms move from your sides to overhead. Keep a steady pace and place each foot down softly.

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MARCHING MOUNTAIN FLOW

Mountain March

DRIVE

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STANDARD

MOVEMENT FOCUS

Alternating knee lifts combined with an overhead arm pattern at a steady pace.

KEY BENEFITS

- 1 Promotes reciprocal arm-and-leg coordination.
- 2 Practices foot clearance and controlled placement.
- 3 Builds light cardiovascular and postural endurance.
- 4 Encourages rhythmic, continuous movement.

WHY IT MATTERS

Marching links balance, gait-related coordination and movement amplitude in a familiar standing pattern.

SAFE SCALING

Hold a stable surface and lower the knee height. Keep the pace slow enough to place each foot securely.

WARRIOR STEP FLOW

Warrior II Step

REPS: 6

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CONNECT

Step one foot forward, bend the front knee slightly,
and open your arms into a strong wide stance.
Step back to center and repeat on the other side.

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WARRIOR STEP FLOW

Warrior II Step

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STANDARD

MOVEMENT FOCUS

A step into a wide warrior stance followed by a controlled return to center.

KEY BENEFITS

- 1 Builds purposeful stepping in multiple directions.
- 2 Strengthens the legs through a shallow lunge position.
- 3 Encourages open posture and broad arm extension.
- 4 Practices returning to a stable base after movement.

WHY IT MATTERS

The step-and-return pattern supports controlled transitions rather than treating balance as a static task.

SAFE SCALING

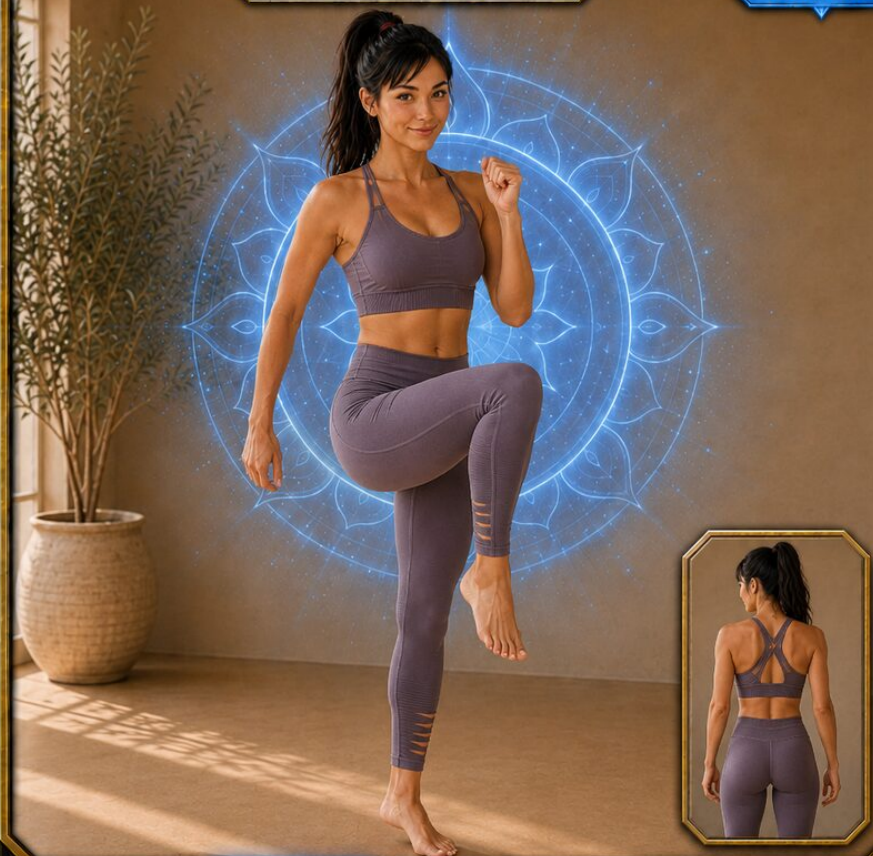
Shorten the stance and reduce knee bend. Use a chair beside the body and keep the knee aligned over the foot.

HIGH KNEE MARCH

High Knee March

REPS: 8

DRIVE



AMPLIFY



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POWER



CONNECT

March in place while lifting each knee to a comfortable height. Keep your chest tall and place each foot down with control.

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PD5 YOGA | CARD 11 OF 20

HIGH KNEE MARCH

High Knee March

DRIVE

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STANDARD

MOVEMENT FOCUS

A standing march that emphasizes deliberate knee lift, posture and controlled foot placement.

KEY BENEFITS

- 1 Practices foot clearance for walking tasks.
- 2 Challenges single-leg support in brief intervals.
- 3 Encourages upright posture during rhythmic movement.
- 4 Provides an easy-to-scale endurance drill.

WHY IT MATTERS

Clear, deliberate marching can reinforce movement size and confidence while keeping the pattern familiar.

SAFE SCALING

Use fingertip support and lift only to a comfortable height. March seated if standing balance is limited.

CROSS-BODY MARCH

Cross-Body March

REPS: 6

DRIVE



AMPLIFY



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REACT



POWER



CONNECT

March in place and touch each lifted knee
with the opposite hand.
Keep the rhythm steady and alternate sides.

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PD5 YOGA | CARD 12 OF 20

CROSS-BODY MARCH

Cross-Body March

DRIVE

DIFFICULTY ●●●●●

STANDARD

MOVEMENT FOCUS

A marching pattern that pairs each lifted knee with the opposite hand.

KEY BENEFITS

- 1 Adds cross-body coordination to marching.
- 2 Challenges rhythm, attention and side-to-side switching.
- 3 Encourages trunk rotation without excessive range.
- 4 Integrates balance with a simple cognitive task.

WHY IT MATTERS

Cross-body patterns require the two sides of the body to work together while maintaining a stable center.

SAFE SCALING

Touch the thigh instead of the knee and use a support surface.
Perform seated if needed.

MIRROR REACH SWITCH

Mirror Reach Drill

REACT

DIFFICULTY ●●●●●

STANDARD

MOVEMENT FOCUS

A cue-driven reach in which the player responds right or left and then returns to center.

KEY BENEFITS

- 1 Practices visual response and directional choice.
- 2 Encourages quick but controlled arm initiation.
- 3 Reinforces returning to a stable ready position.
- 4 Adds attention and decision-making to movement.

WHY IT MATTERS

Responding to cues turns a simple reach into a reaction task that connects perception with purposeful movement.

SAFE SCALING

Keep the feet planted or use a chair. Prioritize accuracy and balance over speed.

MIRROR REACH SWITCH

Mirror Reach Drill

REPS: 6

REACT



AMPLIFY

DRIVE

REACT

POWER

CONNECT

Follow the visual cue by reaching the right or left arm in the direction shown. Return to center before responding to the next cue.

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CHAIR POSE RISE

Chair Pose to Stand

REPS: 6

POWER



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Send your hips back into a shallow chair position while keeping your chest lifted. Press through your feet to stand tall and repeat with control.

PD5

PD5 YOGA | CARD 15 OF 20

CHAIR POSE RISE

Chair Pose to Stand

POWER

DIFFICULTY ●●●●●

STANDARD

MOVEMENT FOCUS

A shallow chair position followed by a strong, controlled rise to standing.

KEY BENEFITS

- 1 Strengthens the hips and thighs through body-weight loading.
- 2 Practices the mechanics of standing from a lowered position.
- 3 Encourages full upright extension at the top.
- 4 Builds controlled lowering as well as rising strength.

WHY IT MATTERS

Repeated rising is closely related to everyday transfers such as standing from a chair or low surface.

SAFE SCALING

Reduce the depth and place a chair behind the body. Keep the knees aligned and use arm support if needed.

SIT-TO-STAND

Sit-to-Stand

REPS: 8

POWER



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Sit near the front of a stable chair, lean slightly forward, and stand using your legs. Lower back to the chair with control.

PD5

PD5 YOGA | CARD 16 OF 20

SIT-TO-STAND

Sit-to-Stand

POWER

DIFFICULTY ● ● ● ● ●

STANDARD

MOVEMENT FOCUS

A functional transfer from a stable chair to full standing and back down with control.

KEY BENEFITS

- 1 Builds leg strength for a common daily task.
- 2 Practices forward weight shift before standing.
- 3 Reinforces controlled descent rather than dropping into the chair.
- 4 Provides a measurable, repeatable functional exercise.

WHY IT MATTERS

Standing from a chair is central to independence and combines strength, balance and movement sequencing.

SAFE SCALING

Use a firm chair against a wall. Add armrests or assistance, and avoid low or unstable seating.

WALL PUSH-UP

Wall Push-Up

REPS: 8

POWER



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Place both hands on a wall, keep your body long, and bend your elbows toward the wall. Press away until your arms are straight without locking them.

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WALL PUSH-UP

Wall Push-Up

POWER

DIFFICULTY ● ● ● ● ●

STANDARD

MOVEMENT FOCUS

An inclined push-up against a wall with the body held in a long, aligned position.

KEY BENEFITS

- 1 Strengthens the chest, shoulders and arms at a manageable load.
- 2 Encourages trunk stability during upper-body effort.
- 3 Practices controlled elbow bend and press-away.
- 4 Offers a supported alternative to floor-based pushing.

WHY IT MATTERS

Upper-body pushing strength supports transfers, posture and many household tasks.

SAFE SCALING

Stand closer to the wall to reduce difficulty. Keep the heels down, avoid locking the elbows and use a non-slip surface.

WARRIOR II FLOW

Warrior II

CONNECT

DIFFICULTY ●●●●●

STANDARD

MOVEMENT FOCUS

A wide grounded stance with an open chest, extended arms and steady breathing.

KEY BENEFITS

- 1 Builds lower-body endurance in a broad stance.
- 2 Encourages postural openness and lateral awareness.
- 3 Combines stillness with controlled breathing.
- 4 Develops confidence maintaining a purposeful shape.

WHY IT MATTERS

A sustained but adjustable stance links physical effort with attention, breath and body awareness.

SAFE SCALING

Shorten the stance, reduce the knee bend and use a chair under the front hand or beside the body.

WARRIOR II FLOW

Warrior II

REPS: 6

CONNECT



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Step into a wide stance and reach strongly through both arms. Keep your chest open, stay grounded through your feet, and breathe steadily before switching sides.

PD5

TREE BALANCE HOLD

Tree Pose

CONNECT

DIFFICULTY ● ● ● ● ●

STANDARD

MOVEMENT FOCUS

A supported single-leg balance with the lifted foot placed at the ankle or lower leg.

KEY BENEFITS

- 1 Practices single-leg balance in a controlled position.
- 2 Encourages calm visual focus and steady breathing.
- 3 Strengthens the standing hip and ankle.
- 4 Builds awareness of alignment and weight placement.

WHY IT MATTERS

Brief balance practice can improve confidence and body awareness when it is scaled to the individual.

SAFE SCALING

Keep the lifted toes on the floor or foot at the ankle. Use a wall or chair and never press the foot into the knee.



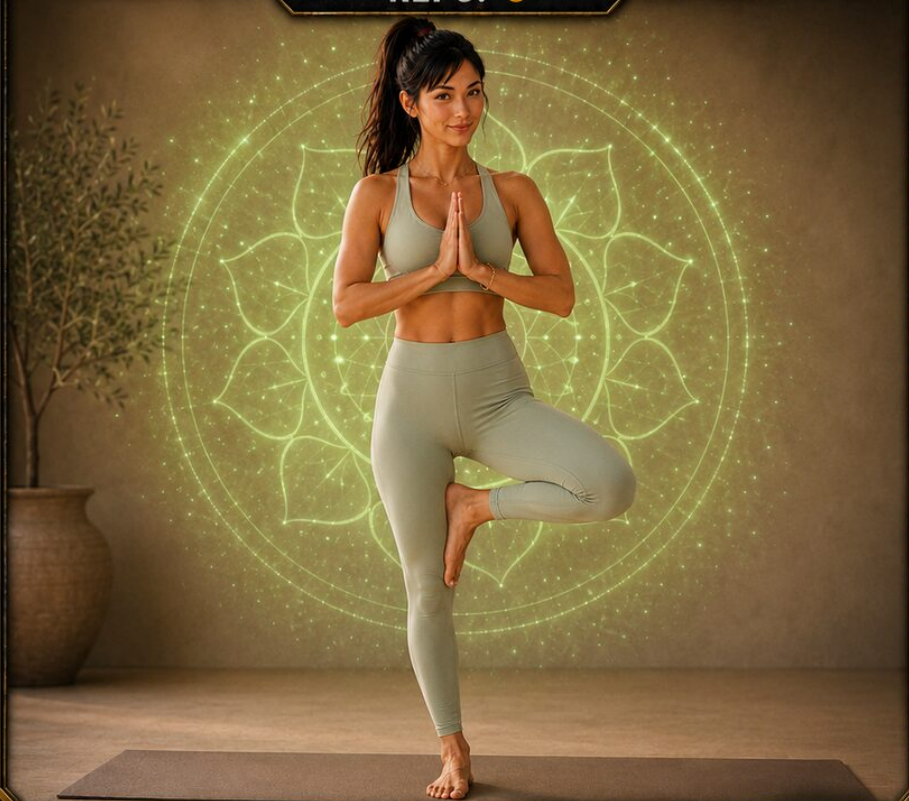
TREE BALANCE HOLD

Tree Pose

REPS: 5



CONNECT



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 POWER

 CONNECT

Place one foot to the inner calf or thigh and bring your hands together. Hold steady with calm breathing, then switch sides with control.

PD5

DOWNWARD DOG RESET

Downward Dog

REPS: 6

CONNECT



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Press into your hands, lift your hips high, and lengthen through the spine. Bend your knees if needed and breathe evenly before returning upright.

PD5

PD5 YOGA | CARD 20 OF 20

DOWNWARD DOG RESET

Downward Dog

CONNECT

DIFFICULTY ●●●●●

STANDARD

MOVEMENT FOCUS

A supported inverted V position that lengthens the spine while weight is shared between hands and feet.

KEY BENEFITS

- 1 Promotes whole-body length through the back, hips and shoulders.
- 2 Builds upper-body support and trunk control.
- 3 Encourages steady breathing in a sustained position.
- 4 Provides a deliberate reset after standing work.

WHY IT MATTERS

A carefully scaled whole-body position can integrate mobility, strength and breathing without fast movement.

SAFE SCALING

Use a wall or chair version if floor transitions, wrist loading or balance are concerns. Bend the knees and keep the hold brief.

REFERENCES

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- [3] Suarez-Iglesias D, et al. Systematic review and meta-analysis of randomized controlled trials on the effects of yoga in people with Parkinson's disease. *Disability and Rehabilitation*. 2022. PMID: 34533097.
- [4] Zhang T, et al. The therapeutic effects of yoga in people with Parkinson's disease: a review. *Annals of Medicine*. 2023;55(2):2294935. doi:10.1080/07853890.2023.2294935.
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- [6] Parkinson's Foundation. Exercise and Parkinson's Disease. The Foundation notes that physical activity can support mobility, flexibility, balance and non-motor well-being when appropriately adapted.

Editorial note. The movement-specific benefits in this guide are concise exercise-intent summaries derived from the cited evidence on Parkinson disease exercise, yoga, balance, mobility, strength and mindful movement. Exercise research remains evolving and mixed. These summaries are not claims that any single card independently treats Parkinson disease.