

Table 1. Wii Fit Plus Exercise Outline

<i>Session 1: Monday or Tuesday</i>			
<u>Warm Up</u> (5 Minutes)	<u>Yoga</u> (15 Minutes)	<u>Strength Training</u> (15 Minutes)	<u>Cool Down</u> (5 Minutes)
5 Minutes of 'Basic Run' Activity	1) Sun Salutation Pose 2) Chair Pose 3) The Warrior's Pose 4) Standing Knee Pose 5) Tree Pose	1) Torso Twists 2) Lunge 3) Side Lunge 4) Single-Leg Twists 5) Plank	5 Minutes of 'Basic Run' Activity
Measure RPE and Heart Rate (Last 30 Seconds)	Measure RPE and Heart Rate (Last 30 Seconds)	Measure RPE and Heart Rate (Last 30 Seconds)	Measure RPE and Heart Rate (Last 30 Seconds)
<i>Session 2: Wednesday or Thursday</i>			
<u>Warm Up</u> (5 Minutes)	<u>Aerobics</u> (15 Minutes)	<u>Balance</u> (15 Minutes)	<u>Cool Down</u> (5 Minutes)
5 Minutes of 'Basic Run' Activity	1) Rhythm Kung Fu (1 Round) 2) Advanced Island Cycling (Try to retrieve as many flags as possible in 5 minutes) 3) Rhythm Boxing (1 Round)	1) Segway Circuit (1 Round) 2) Tilt City (1 Round) 3) Table Tilt Plus (5 Minutes) 4) Tightrope Walk (5 Minutes)	5 Minutes of 'Basic Run' Activity
Measure RPE and Heart Rate (Last 30 Seconds)	Measure RPE and Heart Rate (Last 30 Seconds)	Measure RPE and Heart Rate (Last 30 Seconds)	Measure RPE and Heart Rate (Last 30 Seconds)