






| Name of exercise | Type of exercise | Compatible game for the specific exercise | Game instruction |
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| Functional reach | Upper and lower limb coordination and flexibility: The person is instructed to use their designated arm to reach to pick up and move the object. | Grab  | The player should pick up the objects and place them carefully on the shelves without dropping them. |
| Squats | Lower limb strength: The person is instructed to bend their knees, lower the torso, and then return to the upright position, keeping their trunk upright. The heels must not be lifted during the movement. | Atlantis  | The player has to drive the submarine and discover the aquatic treasures while avoiding threats. |
| Knee flexion and extension | Lower limb balance: The person is instructed to stand up tall, bend the knee by bringing the foot toward the bottom, keeping the knee in line with the hip, and then return to starting point. | Izzy the bee  | The player has to move the bee to gather nectar and bring it safely to the beehives, while avoiding the other bugs. |
| Sit to stand | Lower limb strength and balance: The person should sit tall near the front of a straight-backed firm chair with no armrests and be instructed to stand up and sit down with the arms folded across the chest. | Powerhouse bid  | The player takes part in an auction and has to stand and sit at required times to bid for the auctioned items. |

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| Hip abduction | Balance and lower limb strength: The person is instructed to stand up straight with legs together and knees slightly bent. Move designated leg out and away from your body with control before returning to original position lift. The leg should be straight and the lifting should be done to the recommended range of motion. | Catch  | The player will have to catch all items before they disappear. |
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