


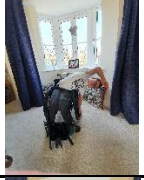

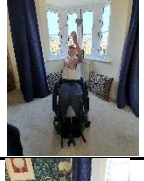


Adapted wheelchair workout by Jamie Justice

This workout is for both able bodied and wheelchair users! You will work for 30 seconds and have 30 seconds rest.

Me doing it 😊	Exercise	How to do it
	Arm rotations or twists	For wheelchair users: big arm swings up and down or side to side. Same for able bodied you do the same as wheelchair users.
	Russian twists	A two handed twist from side to side. Make sure your seat belts on!!!!!!
	Bicycle kicks	Wheel chair users can either get out of their chair and lay on the floor or stay in their chair and do arm bicycles.
	Punches	Twist and punch!!!! Don't fall out 😊
	Plank	Wheel chair users try and keep your body in a straight line only our legs can touch the floor!! Or try and sit on the edge of our cushion and keep straight 😊
	Triceps dips	Go up and down as many times as you can
	Wheel taps (or cross over foot taps)	Wheel chair users stretch and touch the centre of our wheel or if that's too easy try and touch the floor 😊
	Spider man lunges	Stretch and shoot!!!!
	Climb the rope	Crocodiles are chasing you!!! :O
	Walking (wheelchair) plank	Foot plate to cushion clap and repeat. For a challenge add a clap at the top. Just don't fall on your 😊