

WHEELCHAIR WORKOUT



轮椅锻炼

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Chinese Simplified, September 2020



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ARM CIRCLES



1 Position your arms out to the side of your body and parallel to the floor.

2 Circle one arm forward in a circular motion, start with small circles then make them bigger.

3 Reverse the direction after 15 seconds.

4 Repeat for both arms.

5 Repeat for both arms.

Progress- Aim to complete both arms at once.

**Check your wheelchair is locked*

双臂绕圈

1. 双臂打开与地板平行。
2. 一臂向前绕圈，先小圈再大圈。
3. 15 秒后做反方向。
4. 两臂重复动作。

检查轮椅是否锁好。

进阶方式 - 尽量双臂同时做。

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THE BOXER



- 1 **Create a fist with your hands and bring your elbows up into a boxing position.**
- 2 **With your left hand punch up and above your head. Bring it back down to the boxing position.**
- 3 **With your right hand punch up and above your head. Bring it back down to the boxing position.**

- 4 **Repeat six on each hand.**

Progress- increase the repetitions in increments of two or add a light weight such as cans or water bottles in each hand.

**Check your wheelchair is locked*

拳击

1. 在椅子上坐直。手握拳，肘抬起至拳击姿势。
2. 左手向前方出拳过头顶。回到拳击姿势。
3. 右手向前方出拳过头顶。回到拳击姿势。
4. 每侧重复 6 次。

检查轮椅是否锁好

进阶方式 - 增加次数，每次增加 2 次，或者略微增加负重，每只手拿一瓶水或易拉罐等。

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SIDE BEND



- 1 Sit comfortably in your chair.**
 - 2 Sit up straight, with your fingertips behind your ears and elbows out wide.**
 - 3 As you breathe out bend to the right and hold for two seconds Breathe in and move back to your starting position.**
 - 4 Breathe out and bend to the left hold for two seconds. Breathe in and move back to your starting position.**
 - 5 Do five bends on each side.**
- Tip-** Make sure you are not leaning forward always keep your spine straight and do not push your head forward with your fingertips.
- Progress –** Increase the number of bends on each side, in increments of two.
- *Check your wheelchair is locked*

侧向屈体

1. 在椅子上坐好。
2. 坐直，手指放在耳后，双肘向外打开。
3. 呼气向右侧屈，保持 2 秒。吸气回到起始姿势。
4. 呼气向左侧屈，保持 2 秒。吸气回到起始姿势。
5. 每侧 5 次。

检查轮椅是否锁好。

窍门- 身体不要前倾，脊椎保持直立，手不要将头部向前推。

进阶方式 - 增加每侧次数，每次增加 2 次。

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OVERHEAD STRETCH



- 1 Lift both hands over your head.
- 2 Lace your fingertips and face your palms towards the ceiling.
- 3 Push your hands backwards, don't over push to where it is not comfortable.

- 4 Hold for five seconds bring your hands back and repeat 10 times.

Tip: Do not over extend, only extend back to where you are comfortable and remember to breathe.

**Check your wheelchair is locked*

过顶拉伸

1. 双手举过头顶。
2. 手指交叉，掌心朝向天花板。
3. 手向后推，但以舒适为宜。
4. 保持 5 秒后放回双手，重复 10 次。

检查轮椅是否锁好。

注意事项：不要过度伸展，以感觉舒适为宜，保持呼吸。

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TRICEP PRESS



- 1 **Hold the arm rests of your chair beside you while in seated position.**
- 2 **Straighten your arms so that you lift your body a little off the chair, then lower yourself slowly.**
- 3 **Repeat 10 times.**

Progress – Complete two rounds of this exercise.

**Check your wheelchair is locked*

三头肌抬体

1. 坐好抓紧坐椅扶手。
2. 双臂伸直，将身体抬高离开座椅，再慢慢放下。重复 10 次。

检查轮椅是否锁好。

进阶方式 - 做 2 组。

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SHOULDER PULLS



- 1 **Sit up straight in your chair.**
- 2 **Extend your arms straight in front of you with your palms facing down and fingers curved like you are holding a bar.**
- 3 **Pull your arms back, bending your elbow until they are behind your back. Squeeze your shoulder blades, hold for three seconds. Repeat 10 times.**

Progress - Increase your repetitions to two times 10. For an extra challenge look at adding a resistance band to this exercise.

**Check your wheelchair is locked*

拉肩

1. 在椅子上坐直。
2. 手臂向前伸直，掌心向下，手指弯曲呈握杆状。
3. 手臂拉回，手肘弯至背后。挤压肩胛骨，保持 3 秒。重复 10 次。

检查轮椅是否锁好。

进阶方式 - 增加次数至 2 x 10。要增加难度，可以用弹力带。

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If you have any current or prior medical conditions, please check with your GP or accredited medical professional if you can participate in the exercises. If you feel unwell while doing the exercises stop immediately and seek professional medical advice. There is inherent risks in participating in exercising and you undertake to participate at your own risk and warrant that you are physically and mentally able to safely undertake these exercises and have no medical or health condition which will or may affect you during or as a result of undertaking the exercises. By participating in these exercises, you agree to the terms of use and indemnify Council for any damages and liability for death, personal injury, loss or damage to property. The exercises are generic and are not tailored to the individual needs of the participants.

免责声明

如果您现在或以前有过任何健康问题，请咨询您的全科医师或认证医疗专业人士，以确定您是否能进行锻炼。锻炼中如感觉到不适，请立即停止并就医。锻炼有风险，本人承诺将自担风险，并保证本人具备安全锻炼的身体和精神条件，并且本人没有可能影响锻炼的医疗或健康问题。本人参与锻炼，即表示本人同意市议会的使用条款，并同意市议会无须因为任何人员伤亡或财产损失或损害而承担任何赔偿责任。本文介绍的锻炼项目仅针对普通目的，可能无法满足参与者的个性化需求。

Acknowledgement

Council acknowledges the peoples of the Kulin nation as the Traditional Owners of these municipal lands and water ways. We pay respect to Elders past, present and emerging.

鸣谢

市议会感谢这些市属土地和水道的传统所有者 Kulin 族人。对于他们过去、现在和未来的长者，我们谨表诚挚敬意。

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