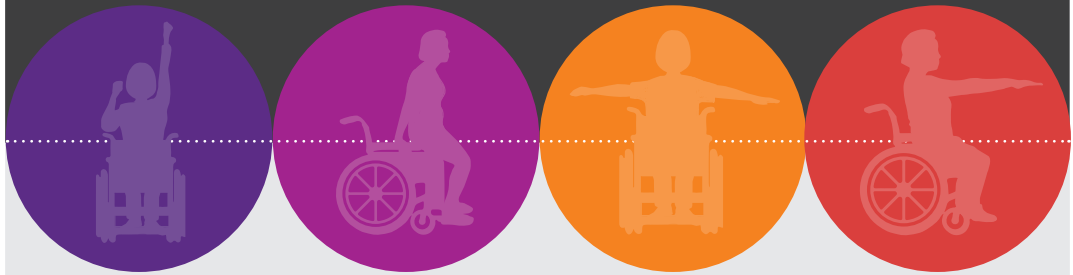


WHEELCHAIR WORKOUT



Eżercizzju bis-Sigġu tar-Roti

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Korean, 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*

Ċrieki b'dirgħajk

1. Oħroġ dirgħajk 'il barra lejn il-ġenb ta' ġismek u parallel mal-art.
2. Aghmel ċirku bi driegħ wieheġ f'moviment ċirkolari, ibda bi ċrieki żgħar imbagħad għamilhom ikbar.
3. Aqleb id-direzzjoni wara 15-il sekonda.
4. Irrepeti għaž-żewġ dirgħajn

Iċċekkja li s-siġġu tar-roti tiegħek huwa illokkjat.

Progress- Ipprovva uża ż-żewġ dirgħajn f'daqqa.

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THE BOXER



- 1** **Sitting up in your chair. 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*

Il-Bokser

1. Bilqiegħda fis-siġġu tiegħek. Agħmel ponn b'idejk u ġib minkbejk f'pożizzjoni ta' boksing.
2. B'idek ix-xellugija għati daqqa ta' ponn fl-għoli u 'l fuq minn rasek. Niżżilha lura għall-pożizzjoni ta' boksing.
3. B'idek il-leminija għati daqqa ta' ponn fl-għoli u 'l fuq minn rasek. Niżżilha lura għall-pożizzjoni ta' boksing.
4. Irrepeti 6 fuq kull id.

Iċċekkja li s-siġġu tar-roti tiegħek huwa illokkjat.

Progress - žid ir-repetizzjonijiet f'inkrementi ta' 2 jew žid piż ħafif bħal laned jew fliexken tal-ilma f'kull id.

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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*

Tilwi għall-genb

1. Poġġi komdu fuq is-siġġu tiegħek.
2. Poġġi bilqiegħda dritt, bil-ponot ta' subgħajk ta' jdejek wara widnejk u b'minkbejk 'il barra.
3. Ftu nifs 'il barra u waqt li tiefhu nifs 'il barra ilwi lejn il-lemin u żomm għal 2 sekondi. Ftu nifs 'il ġewwa u erġa' lura għall-pożizzjoni tiegħek tal-bidu.
4. Ftu nifs 'il barra u ilwi lejn ix-xellug, żomm għal 2 sekondi. Ftu nifs 'il ġewwa u erġa' lura għall-pożizzjoni tiegħek tal-bidu.
5. Aghmel 5 liwġiet fuq kull naħa.

Icčekkja li s-siġġu tar-roti tiegħek huwa illokkjat.

Fjiel - Kun żgur li m'intix imxaqleb 'il quddiem, dejjem żomm is-sinla ta' dahrek dritta u timbuttax rasek 'il quddiem bil-ponot ta' subgħajk ta' jdejek.

Progress - Żid in-numru ta' liwġiet fuq kull naħa, f'inkrementi ta' 2.

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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

Igġebbed idek fuq rasek

1. Għolli idejk it-tnejn fuq rasek.
2. Għaqqad sebgħajk ta' jdejx f'xulxin u dawwar il-pali ta' jdejx lejn is-saqaf.
3. Imbotta idejk lura, timbuttax sa fejn ma tkunx komda.
4. Żomm għal 5 sekondi ġib idejk lura u rrepeti 10 darbiet.

Ikkekkja li s-siġġu tar-roti tiegħek huwa illokkjat.

Fijiel: Tiġġebbitx iżżejjed, igġebbed lura sa fejn tkun komdu u ftakar biex tiegħu n-nifs.

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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*

Terfa' lilek innifsek ftit mis- siġġu

1. Żomm id-driegħ tas-siġġu ħdejk waqt li tkun bilqiegħda.
2. Iddritta dirgħajk sabiex terfa' ġismek ftit mis-siġġu, imbagħad niżżel lilek innifsek bil-mod. Irrepeti 10 darbiet.

Iċċekkja li s-siġġu tar-roti tiegħek huwa illokkjat.

Progress – Temm żewġ rawnds ta' dan l-eżerċizzju

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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 2 times 10. For an extra challenge look at adding a resistance band to this exercise.

**Check your wheelchair is locked*

Tigbed l-ispallejn

1. Poġġi bilqiegħda dritt fis-siġġu tiegħek.
2. Iftaħ dirgħajk dritti quddiemek bil-pali ta' jdejek iħarsu 'l isfel u bis-swaba milwija bħallikieku qed iżżomm lasta.
3. Iġbed dirgħajk lura, ilwi minkbejk sakemm ikunu wara dahrek. Agħfas l-għadam ta' spallejk, żomm għal 3 sekondi. Irrepeti 10 darbiet.

Iċċekkja li s-siġġu tar-roti tiegħek huwa illokkjat.

Progress- Żid ir-repetizzjonijiet tiegħek għal 2 x 10. Għal sfida ikbar ara li żżid faxxa ta' reżistenza ma' dan l-eżerċizzju.

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Disclaimer

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.

Ċaħda

Jekk għandek xi kundizzjonijiet mediċi kurrenti jew preċedenti, jekk jogħġbok iċċekkja mat-tabib tiegħek jew mal-professjonist mediku akkreditat jekk tistax tipparteċipa fl-eżerċizzji. Jekk tħossok ma tiffaħx waqt li tkun qed tagħmel l-eżerċizzji ieqaf immedjatament u fittex parir mediku professjonali. Hemm riskji inerenti fil-partecipazzjoni ta' l-eżerċizzji u nimpenja ruħi li nipparteċipa b'riskju tiegħi stess u niggarrantixxi li jien fizikament u mentalment kapaċi nagħmel dawn l-eżerċizzji mingħajr periklu u m'għandi l-ebda kundizzjoni medika jew ta' saħħa li sejra jew tista' taffettwani matul jew bħala riżultat li nagħmel l-eżerċizzji. Billi nipparteċipa f'dawn l-eżerċizzji, naqbel mat-termini ta' użu u nindennizza lill-Kunsill għal kwalunkwe ħsara u responsabbiltà, għal mewt, korrimment personali, telf jew ħsara lill-proprietà. L-eżerċizzji huma ġeneriċi u mhumiex imfassla għall-bżonnijiet individwali tal-partecipanti.

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.

Rikonoxximent

Il-Kunsill jirrikonoxxi l-popli tan-nazzjon Kulin bħala s-Sidien Tradizzjonali ta' dawn l-artijiet municiċpali u l-meddi ta' l-ilma. Aħna nagħtu ġieħ lill-Anzjani tal-passat, preżenti u emergenti.

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