

WHEELCHAIR WORKOUT



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CAN**

#ThisGirlCanVIC

English, September 2020



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GAME**



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.**

Progress- Aim to complete both arms at once.

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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.

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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.

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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.

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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.

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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.

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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.

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.

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