

Workout Card - Adaptive - Upper Body & Core

#activeSault



It is important to seek advice from a medical doctor before engaging in this exercise program or any other.



Importance of a Proper Warm-Up

A light to moderate intensity warm-up is essential to any training program, and should be performed before any exercise. Light to moderate intensity can be gauged by an increase in heart rate, body temperature, and breathing, but should not restrict your ability to say a full sentence. A general warm-up consisting of cardiovascular type activities (i.e. wheeling, walking) should be performed for at least 5 minutes, and it is most effective in preparing the body for exercise when followed by a specific warm-up (i.e. shoulder rolls). A proper warm-up will help prevent injury from exercise.

NOTE: Sets of these exercises can be repeated 2-3 times, with 2-3 minutes rest between sets (more or less if needed), 2 times per week. Combine this workout card with Workout Card - Adaptive—Upper Body for a complete workout.

5. Seated Back Fly - Upper Back, Rear Shoulders Equipment: Push-Up Station/Parallel Bars



Start

- Facing a straight bar, sit up straight in mobility device, feet shoulder width apart flat on ground or footplates
- Loop resistance band around any straight pole at mid chest height
- Holding the band in each hand keeping the band tight but don't lock elbows
- Sit up straight in mobility device with feet shoulder width apart flat on ground or footplates



Action

- Exhale and move arms to the sides of the body, keeping them at shoulder height

End

- Inhale as you slowly move back to starting position

Repeat as many times as possible, 10 repetitions max, to complete one set

6. Seated Lateral Raise - Shoulders

Equipment: Chair/Bench



Start

- Place exercise band underneath chair and hold each end of the band in each hand
- Sit up straight in mobility device with feet shoulder width apart flat on ground or footplates
- Hold the exercise band down at your side with your palms facing in towards your body

Action

- Exhale and slowly raise both arms straight out to your sides until they are at shoulder height

End

- Inhale as you bring them back down to starting position, lowering them in a slow and controlled manner

Repeat as many times as possible, 10 repetitions max, to complete one set



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7. Seated Triceps Extension - Triceps

Equipment: Push-Up Station/Low Parallel Bars



Start

- Loop a resistance band around horizontal bar at chest level or lower
- With back facing bar, sit it up straight in mobility device, feet shoulder width apart, flat on ground or footplates
- Ensure mobility device is supported against pole to prevent you from falling backward
- Hold both ends of band in one hand while using the other hand to hold the mobility device for balance
- Raise arm straight up, bend elbow at 90 degrees so it is pointing straight out in front of you

Action

- Moving only your hand and forearm exhale as you slowly extend your arm straight out in front of you, don't lock elbow, keep elbow tucked in

End

Inhale as you lower the band back to the starting position

Repeat as many times as possible, 10 repetitions max, to complete one set



8. Seated Arm Curl - Biceps

Equipment: Push-Up Station/Parallel Bars



Start

- Loop a resistance band around a low horizontal bar
- Facing bar, sit up straight in mobility device, feet shoulder width apart, flat on ground or footplates
- Grasp both ends of the band in one hand and hold bar with other hand to balance
- Try to keep arm close to the body, extend elbow with palm facing up

Action

- Exhale well bending at the elbow to raise the band toward your shoulder

End

- Inhale as you slowly lower the band back down

Repeat as many times as possible, 10 repetitions max, to complete one set



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Importance of a Proper Cool-Down

A proper cool-down is just as important to an exercise program and your safety as a proper warm-up, and should be performed at the end of every exercise session. A general cool-down, consisting of light intensity cardiovascular type activities (i.e. wheeling, walking) should be performed for at least 5 minutes directly after exercise, or until you are able to hold a conversation without interruption from heavy breathing, and it is most effective at reducing the risk of delayed onset muscle soreness (DOMS) when followed by stretching. A proper cool-down will help prevent injury from exercise.

NOTE: Sets of these exercises can be repeated 2-3 times, with 2-3 minutes rest between sets (more or less if needed), 2 times per week. Combine this workout card with Workout Card - Adaptive - Upper Body for a complete workout.