

Workout Card - Adaptive - Upper Body

#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 & Core for a complete workout.

1. Seated Chest Press - Chest

Equipment: Parallel Bars/Push-Up Station



Start

- Loop resistance bands around pole at mid chest level
- With back facing pole, hold one end of band in each hand, ensure mobility device is supported against pole to prevent you from falling backwards
- Sit up straight in mobility device with feet shoulder width apart flat on ground or footplates
- Hands should be almost inline with body just below shoulders with palms facing away from you



Action

- Exhale as you push the band straight out in front of you
- Don't lock your elbows at the end of motion

End

- Inhale and bring the exercise band back to starting position

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

2. Seated Row - Back

Equipment: Parallel Bars/Push-Up Station



Start

- Loop resistance bands around pole at mid chest level
- Facing pole, hold one end of band in each hand with palms facing in and arms extended out front
- Sit up straight in mobility device with feet shoulder width apart flat on ground or footplates

Action

- Exhale and pull band towards you at chest level
- Bring your elbows behind you, and squeeze your shoulder blades together

End

- Inhale and return to starting position in a slow and controlled manner

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



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3. Seated Chest Flies - Chest

Equipment: Parallel Bars/Push-Up Station



Start

- Loop resistance bands around pole at mid chest level
- With back facing pole hold one end of band in each hand, ensure mobility device is supported against pole to prevent you from falling backwards
- Sit up straight in mobility device with feet shoulder width apart flat on ground or footplates

Action

- Extend arms out to sides at shoulder level

End

- Palms facing in, keep slight bend in your elbows
- Exhale and bring your palms together until they are almost straight in front of you
- Inhale and return them to starting position

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



4. Seated Lat Pull Down - Back

Equipment: High Parallel Bars



Start

- Loop resistance bands around overhead bar
- Face bar, hold one end of band in each hand with palms facing in
- Sit up straight in mobility device with feet shoulder width apart flat on ground or footplates. Extend arms out and up towards bar

Action

- Exhale and pull the exercise band down to the sides of your waist without bending your elbows

End

- Inhale as you bring the exercise band back to the starting position in a controlled manner

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 & Core for a complete workout.