

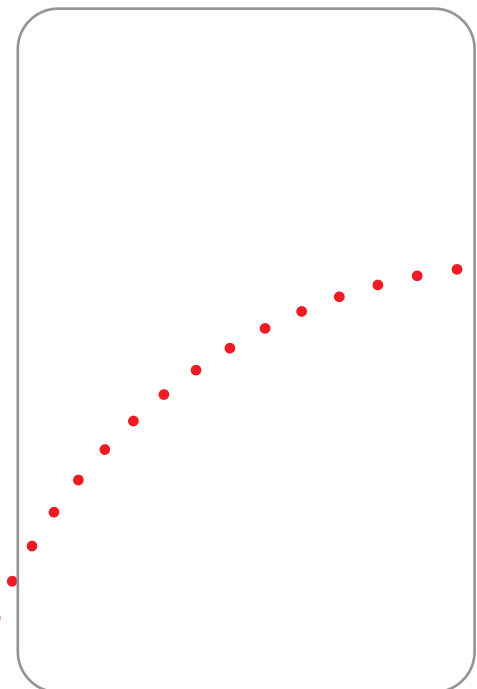
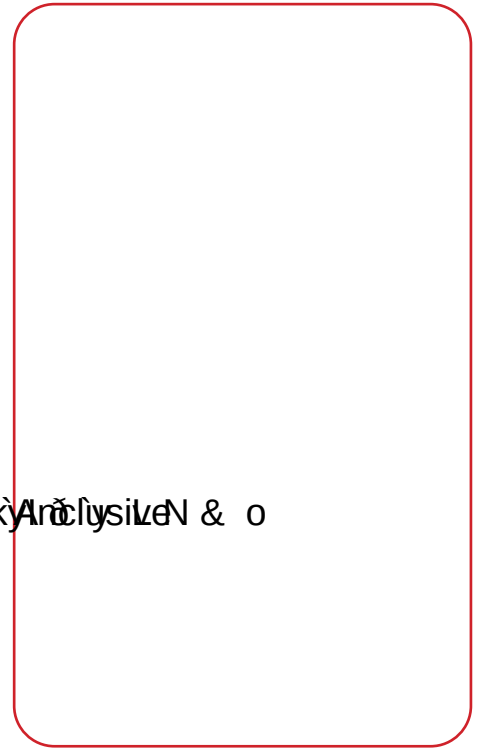
Adaptive Exercises

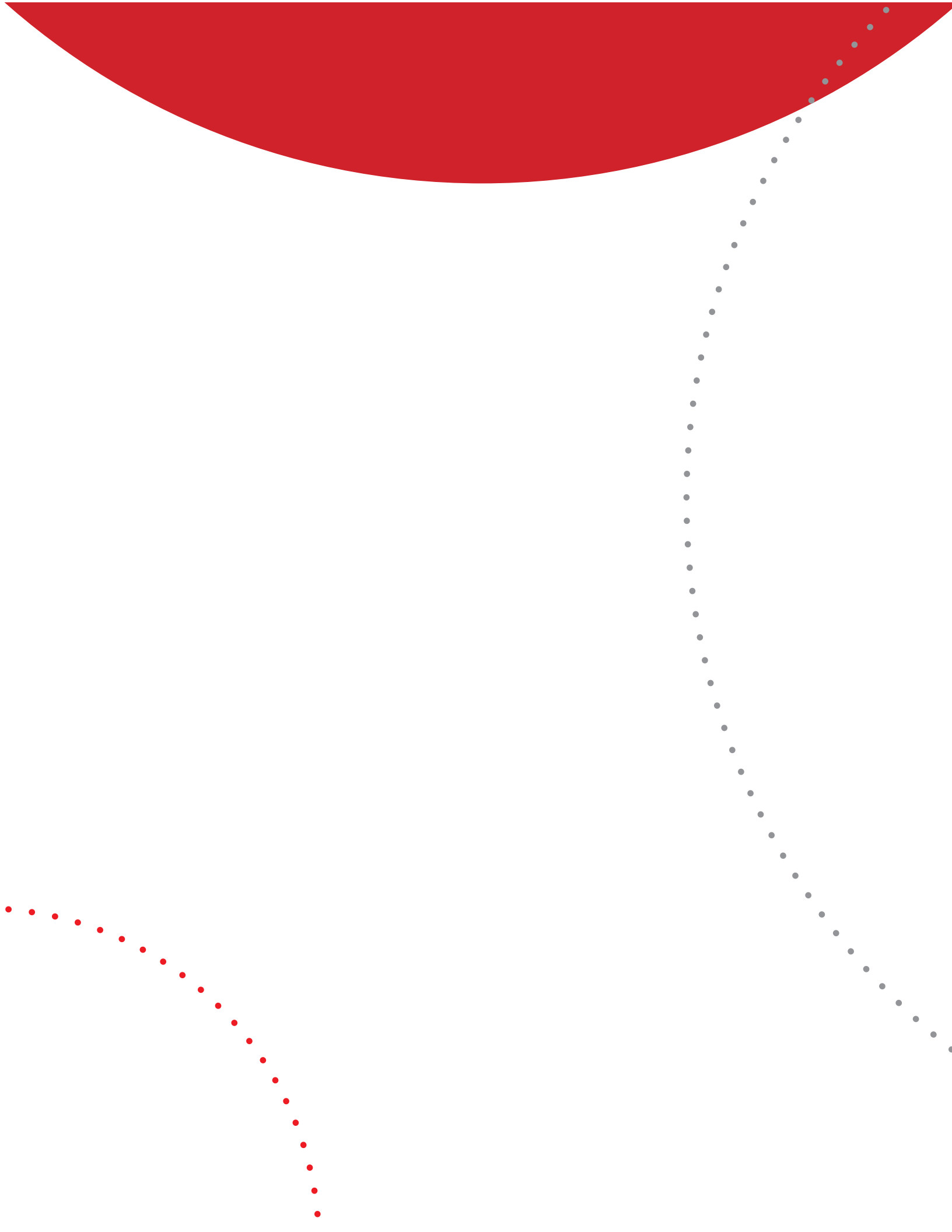
Air Punches

Make a tight fist with each hand and place them up near your chin. Elbows should be pointing straight down. Use one hand at a time to extend your arm.

Arm Circles

Grip two weights. Hold your arms to the sides. Grip two weights. Hold your arms to the sides.





Push Ups

Get in starting position by placing your hands in front of you at shoulder height. Next, put your hands on the wall or floor and lift yourself down and back up.

Russian Twist

Stand or sit holding the weight at the center of your body. Rotate your hands to one side until you feel a comfortable stretch. Slowly turn to the center.

Shoulder Press

Grip two weights. Lift your arms next to your head in an “L” shape. Palms should face forward. Lift both hands above the head, and slowly return to “L” shape.

Shoulder Shrugs

Grip the weights tight by your side. Keep your arms straight down to the side and simply raise your shoulders as high as you can up towards your ears.

Tricep Raises

Grip the weights tight and lift your arms up to the side until your elbows are near the sides of your face and your hands are behind your head.

Wall Sits

Lean your back against a sturdy wall. Slowly bend your knees and lower your body into a seated position. You may also do leg lifts!

www.wellness4ky.org/resources/project-cheer-adaptive-exercise-videos/

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