

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. Elevate your arms to your side at shoulder height. Move your hands in a circular motion forward and backward. Remember to breathe!

Bicep Curls



Grip the weights tight with your palms toward the ceiling. Bend your elbows up to your shoulders. Slowly lower your arms to the starting position.

Butt Kicks



Place your feet three to four inches apart. One leg at a time, bend your knee to try to kick your heel to your butt. You may grab a chair or table for balance!

Forearm Curls



Grip the weights tightly. It is important to keep a tight fist to hold onto the weights. Begin to curl your wrist in. Return to the starting position.

Hand Flashes



Elevate both arms in front of you at shoulder height. Quickly open your hand as wide as you can, and close into a fist. Do these as quickly as possible.

Heel Raises



Position feet shoulder width apart and flat on the ground. Roll the weight of your body toward the front and up on the balls of your feet while lifting heels up.

Knee Raises



Place your feet three to four inches apart. One leg at a time, lift your knee. Your leg should remain bent. Slowly, lower your leg back to the ground.

Lateral Raises



Grip the weights tight by your side with palms down. Lift both arms at the same time until both hands and elbows are out to your side at shoulder height.

Leg Lifts



Place feet three to four inches apart. Extend each leg up and in front of you as high as possible. This exercise should be as slow as possible.

Oblique Side Bends



Grip the weight by your side. One side at a time, lean down until you feel a stretch. Remember to breathe, and if you feel pain you've gone a little too far.

Plank



Lay on your stomach. Place your forearms on the ground, and bring your hips off the ground. Keep your back as straight as possible!

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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