



UFIT

Home workout

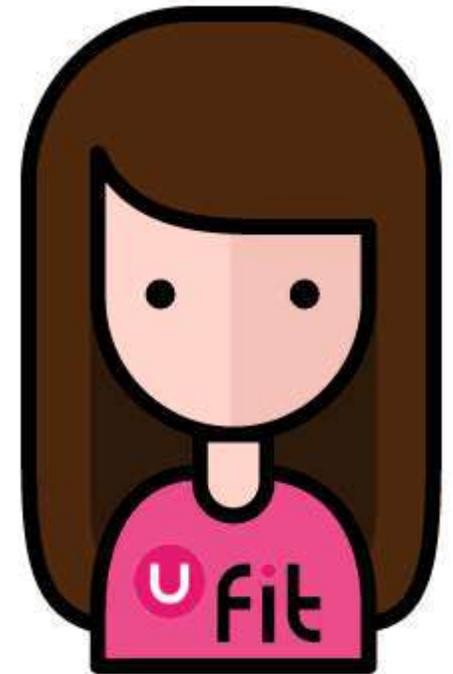


UFIT endeavors to make communities inclusive by facilitating access to a variety of physical activity opportunities for all citizens

nal injury ASP... spinal inju... g people with... al injury Supporting people... spinal injury Supporting peo...

REMEMBER

Within a biopsychosocial model of disability, individual inclusion and participation in society are influenced by personal and environmental factors as well as health concerns and/or impairments. Each participant needs to be viewed as an individual and their fitness programme should be designed by an exercise professional, who will accordingly consider the participant's input and the input of those who know the individual well (e.g., family or direct support staff).



Phase 1

Goal

To build overall strength-
special emphasis on core
strength and increasing
mobility

Phase 2

Goal

Build strength by selecting
individual movements
designed to achieve specific
goals & outcomes

Sample program developed by Adam Fitzpatrick & Moiz Maqsood (2017), Certified Personal Trainers working out of the Abilities Centre in Whitby, Ontario, Canada.

Sample Exercises

Phase 1

Goal

To build overall strength- special emphasis on core strength and increasing mobility

Dead Bugs

SETS AND REPS

3 x 12-15

1. Begin lying on your back with your hands extended above you toward the ceiling. Bring your feet, knees, and hips up to 90 degrees.
2. Bring your back onto the floor, rotating your pelvis up and squeezing your glutes. Hold this position throughout the movement.
3. Initiate the exercise by extending one leg, straightening the knee and hip to bring the leg just above the ground.
4. Maintain the position of your lumbar and pelvis as you perform the movement, as your back is going to want to arch.
5. Stay tight and return the working leg to the starting position.
6. Repeat on the opposite side, alternating until the set is complete.



Adaptations



Keep hands up and only move lower half



Go all the way down and tap the floor, but don't rest your legs and arms on the floor.

SETS AND REPS

3 x 12-15

Seated Pallof Press

1. Sitting parallel to your elastic bands, clasp the handle in both hands, palms together. Position yourself a few feet away from the cable to add tension.
2. Bring the handle up to the center of your chest and press out. Extend your arms fully, noting how your body wants to lean toward the band. Don't let it. Ideally the handle should not shift sideways at all during the movement.
3. Return your hands to your chest and repeat for 8 to 12 reps on each side.



Adaptations



Use body weight or low weight



Add an isometric hold with each repetition

SETS AND REPS

3 x 12-15

Glute Bridge

**only use if participant has function of lower body

1. Lie on the floor with your knees bent and feet flat on the floor.
2. Push your hips into the air using your buttocks muscles and keep your back straight and in alignment with your hips. Avoid arching your back.
3. Squeeze glutes and lift hips towards the ceiling. Hold for 3 seconds then relax by dropping hips down.

1



2



Adaptations



Trainer can help raising the hips



Progress to lift single leg

Band pull apart

1. Begin with your arms extended straight out in front of you, holding the band with both hands.
2. Initiate the movement by performing a reverse fly motion, moving your hands out laterally to your sides.
3. Keep your elbows extended as you perform the movement, bringing the band to your chest. Ensure that you keep your shoulders back during the exercise.
4. Pause as you complete the movement, returning to the starting position under control.



Adaptations



Work on movement without resistance or use lighter band



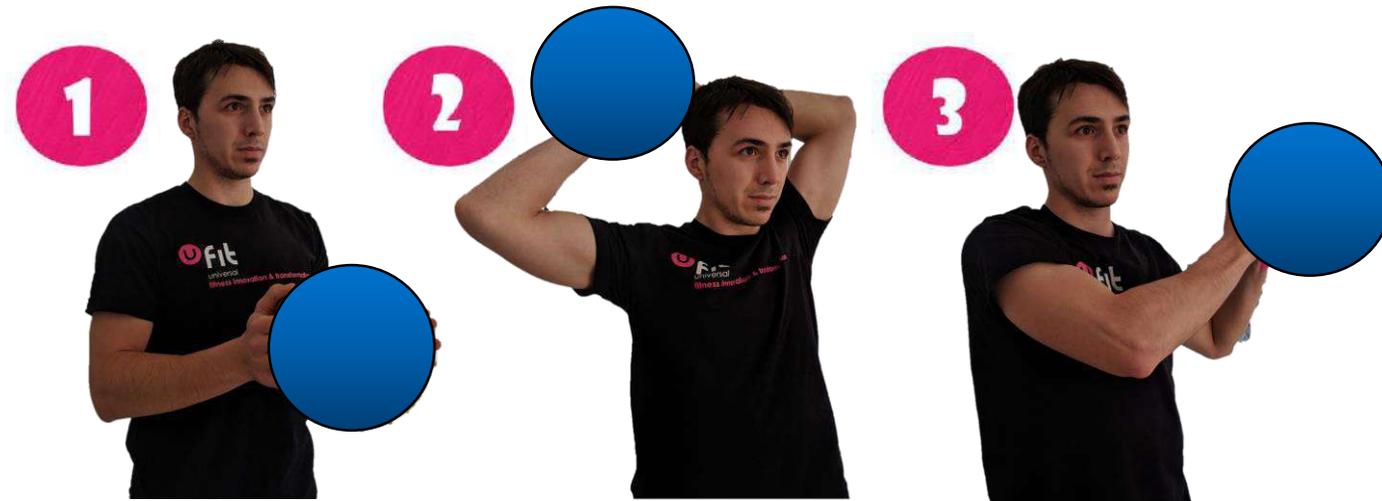
Do regular reps, but slower than usual

Light Medicine Ball/ Kettlebell Halo

SETS AND REPS

3 x 12-15

1. Two hand clean a kettlebell/ball to a bottom's up position.
2. Pulling your shoulder blades down and retracting your scaps bring the kettlebell around your head bringing it back to the starting position.
3. The kettlebell should travel close to your head without coming into contact with it.



Adaptations



Use "horse shoe" motion instead of full circle



Maintain the bottom position of a lunge and then do a halo.

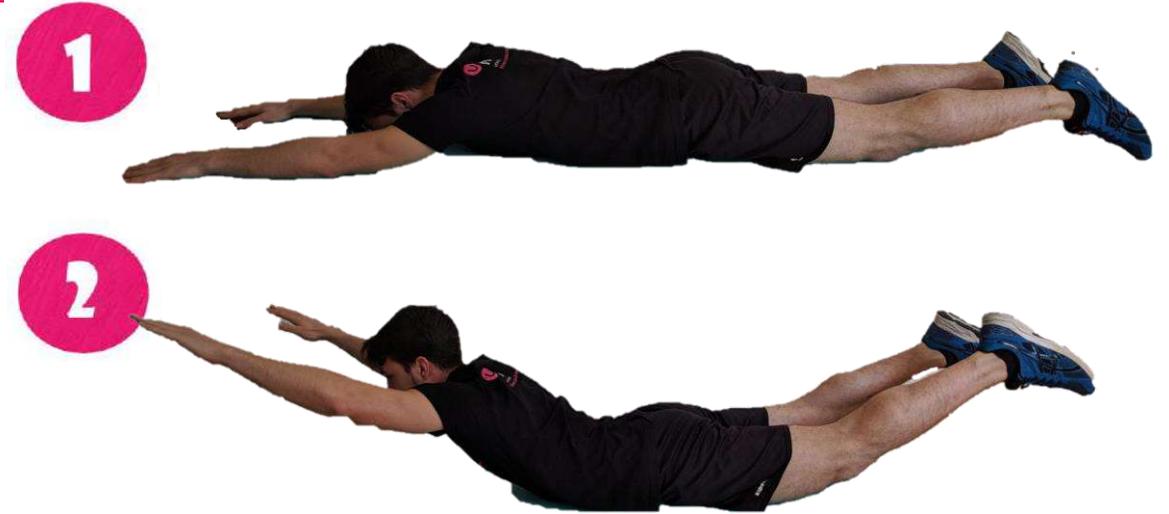
Tips and Safety: Perform this movement slowly to avoid slamming your head. Make sure you are not compensating for limited range of motion by moving your head to make the exercise easier. Maintain tension in your core to avoid leaning back with the weight overhead.

Superman Extension

SETS AND REPS

3 x 12-15

1. Lie flat on your stomach with your hands full extended and arms extended reaching forward. Face down, relaxed. Toes pointing out behind you.
2. The next phase, you will exhale as you raise your legs and your arms. Keeping your torso tight while you float your arms up off the ground.
3. Keeping your limbs stretched out and straight, hold for a few seconds. Next, inhale gently and lower your arms and legs back to the floor to the resting position. Repeat.



Adaptations



Keep feet down and move arms only



Don't rest between repetitions

Seated Leg Extension with Hold

**only use if participant has function of lower body

SETS AND REPS

3 x 12-15

1. Begin seated in a chair, feet flat in front of you, palms grasping chair edge at sides or front.
2. Keeping left foot on the floor and upper body still, extend the right leg (bending from the knee) until it is parallel with the floor. Hold here for 2 counts and then pulse up and down for 3 counts.
3. Bend knee to lower right leg back to floor to complete one rep. Complete all reps on one side and switch.



Adaptations



Decrease range of motion



Perform sitting on a fitball

SETS AND REPS

3 x 30" hold

Plank against the Wall

1. Place your forearms against the wall and step your feet back so your body is in a solid plank.
2. Hold this position for 30".



Adaptations



The higher the surface the easier it is



Use a stability ball or bosu ball
Add weight

Sample Exercises

Phase 2

Goal

Build strength by selecting individual movements designed to achieve specific goals & outcomes

Push up

GOAL

Pushing movement, strengthens core, chest and back

SETS AND REPS

3 x max.

1. Lay down on your stomach with weight distributed on the hands and feet.
2. The body is rigid and straight, and the hands are usually placed approximately shoulder width apart (the plank position).
3. Lower your body until your chest nears the floor at the bottom of the movement, and then return up to the starting position. This is one repetition
4. Remember to move in a nice fluid motion, keeping the core muscle groups activated. Breathe out on the way down, and breathe in as you come back up.



Adaptations



Knees touching the ground



Using a band or TRX strap on stable surface
Move into a decline push up

Loaded Carries

1. Take some weight, walk around with it and put it down.
2. Keep an upright posture to keep an alignment between shoulders, ribs and hips.
3. Take small steps so your feet stay somewhat underneath you.

GOAL

Stabilizing movement, works the entire body

SETS AND REPS

3 x 15-20''



Adaptations



Lighter weight



Heavier weight

Suitcase carries, overhead, waiter walks

Band Rows

GOAL

Pulling movement, strengthens back and arms, core if seated

SETS AND REPS

3 x 12 - 15

1. Begin in a seated position on the floor with legs straight out in front of you.
2. Loop the band around the soles of your feet, cross it in front of you and hold one end in each hand.
3. Start with your arms straight in front of you, pointing at your toes.
4. Pull back so you bend your elbows and your hands meet your chest.
5. Return to the starting position.

1



2



Adaptations



Standing



Increase weight
Heavier single arm row
Move into Dumbbells

Chin-ups

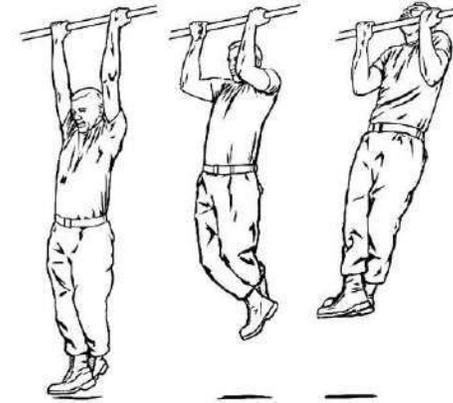
GOAL

Vertical pulling movement, strengthens back, arms, shoulders

SETS AND REPS

3 x max

1. Grasp the bar with underhand shoulder width grip
2. Pull your body up until your elbows are to your sides
3. Lower body until your arms and shoulders are fully extended. Repeat



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

Adaptations



Place feet on ground
Use bands for support
Perform negative movement



Add weight to client

Medicine Ball Overhead Press

1. Take a medicine ball (or any weight) and hold it at chest level with arms close to your body
2. Raise the medicine ball straight up and overhead, keeping your upper body vertical, There should be minimal to no low back arching
3. Bring the medicine ball back to the initial position. Repeat.

GOAL

Pushing/ Explosive movement, strengthens upper body if seated and full body if standing

SETS AND REPS

3 x 12-15

1



2



Adaptations



Seated press
Use lighter weight



Medicine ball toss and catch
Squat, press and catch



www.justdoUFIT.com