# Foundations of Exercise for Wheelchair Athletes

## Common Issues

1. Front muscles tight
2. Back muscle weak
3. Lack of shoulder ROM
4. Lack T/C—Spine ROM
5. Lack of body awareness
6. Weak or no core activation

## General Sequence in workout session

- Warm up → Stretch → Activate → Power/Conditioning → Strength → Cooldown
- *Do ground based movements early in session whenever possible*

## STRETCH

Hold stretches for 2 sets of 30 seconds each:
1. Wall Stretch
2. Overhead Hold
3. Scarecrows
4. Chair Twists
5. Neck Rolls

## ACTIVATE

- 1 set of Pull Aparts 8–12 reps
- 3 core exercises for 20–30 seconds each
  1. Pallof Press
  2. WC Dip hold
  3. Wheelie

## POWER

- Start with 2–3 sets of 3–6 repetitions
  1. MB Chest pass
  2. MB side toss

## STRENGTH

- Push:Pull Ratio = 1:3
- Focus on body weight, unilateral work, and compound movements
- Start with 2–3 sets of 6–12 repetitions:
  1. Row
  2. OH Press
  3. Resisted Pushing

## COOLDOWN

- Stretch
- Diaphragm breathing:
10 breaths: 4 seconds in → 4 Sec hold → 4 sec out → 4 sec hold