

Foundations of Exercise for Wheelchair Athletes

Common Issues

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|-------------------------|-------------------------------|
| 1. Front muscles tight | 4. Lack T/C-Spine ROM |
| 2. Back muscle weak | 5. Lack of body awareness |
| 3. Lack of shoulder ROM | 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 4. Scarecrows 5. 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

