EQUIP PRODUCTS

We All Get Fit & Stay Fit Together

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Who We Are

• Mark S. Harris & Dana Askew-Harris

• Founded Equip Products

➢ Origin Story

➢ Adaptive Fitness Product Mfg

➢ Accessibility in Design and Function
Introduction

1. It’s More Than Ramps and Doors

2. Designing For Independence

3. Same Stimulus – Multiple Impairments
It’s More Than Ramps & Doors?

• You made it inside, can you workout?
  ➢ Can you do most things independently?
  ➢ Are You Separated From Able-Bodied?
  ➢ Is equipment accessible?
Concept2™ Ski Erg

Pro’s

• Excellent Cardio Device
• Industry Standard Erg
• Great for Beginners to Pro Fitness Levels
• Adjustable Resistance
• Portable
• Affordable

Con’s

• Not Wheelchair Access.
• The base is 24”
• Handles Above 6 Ft.
Assault Bike

**Pro’s**
- Excellent Cardio Device
- Industry Standard Bike
- Great for Beginners to Pro Fitness Levels
- Portable
- Affordable

**Con’s**
- Requires Leg’s
- Wheelchair & Short Stature Cannot Access
- Single Leg Issues
Concept2™ Row Erg

**Pro’s**
- Excellent Cardio Device
- Industry Standard
- Great for Beginners to Pro Fitness Levels
- Portable
- Affordable

**Con’s**
- Cannot Use Easily With One Hand
- Difficult Wheelchair Access
Treadmill

Pro’s
- The Most Common Fitness Device Purchase
- Excellent for Cardio
- Great for all Levels

Con’s
- Requires Leg’s
- Not Wheelchair Accessible
- Becomes a Clothes Rack
Can You Access Equipment?

- Barbells
- Bumper Plates
- Wall Balls
- Kettle Bells
Designing For Independence

Create Accessible Designs Using Existing Equipment, Limiting Extreme Modifications So Athletes of All Shapes And Sizes Can Get Fit Together, Improve Their Physical & Mental Health While Being Part Of The Team.
Designing For Independence
Handle Hooks
Make Handles Accessible

Designing For Independence
Assault Bike Handles For Seated Athletes and Flip Monitor

Designing For Independence
Designing For Independence

Rower Hook
Single Arm
Concept2 Rower
WheelChair Treadmill

Designing For Independence
Same Stimulus - Multiple Impairments
You made it to the gym now what?

We work with organizations that program daily workouts while maintaining the stimulus across fourteen impairments.

Same Stimulus - Multiple Impairments
WORKOUT CLASSIFICATIONS

Lower Above Knee
Lower Below Knee
Lower Minor
Neuro Major
Neuro Minor
Neuro Moderate
Seated 1
Seated 2
Seated Quad
Sensory
Short Stature
Standing Diagnosed
Upper Above Elbow
Upper Below Elbow

Same Stimulus - Multiple Impairments

www.WheelWOD.com
Jump Rope  
Mono Rope™  
Multi Ropes™

Same Stimulus - Multiple Impairments
Demonstrations

Questions & Answer

Same Stimulus - Multiple Impairments