



# EQUIP PRODUCTS



**We All Get Fit  
& Stay Fit Together**

**May 2023**



# 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

## **Design Imperative**

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.

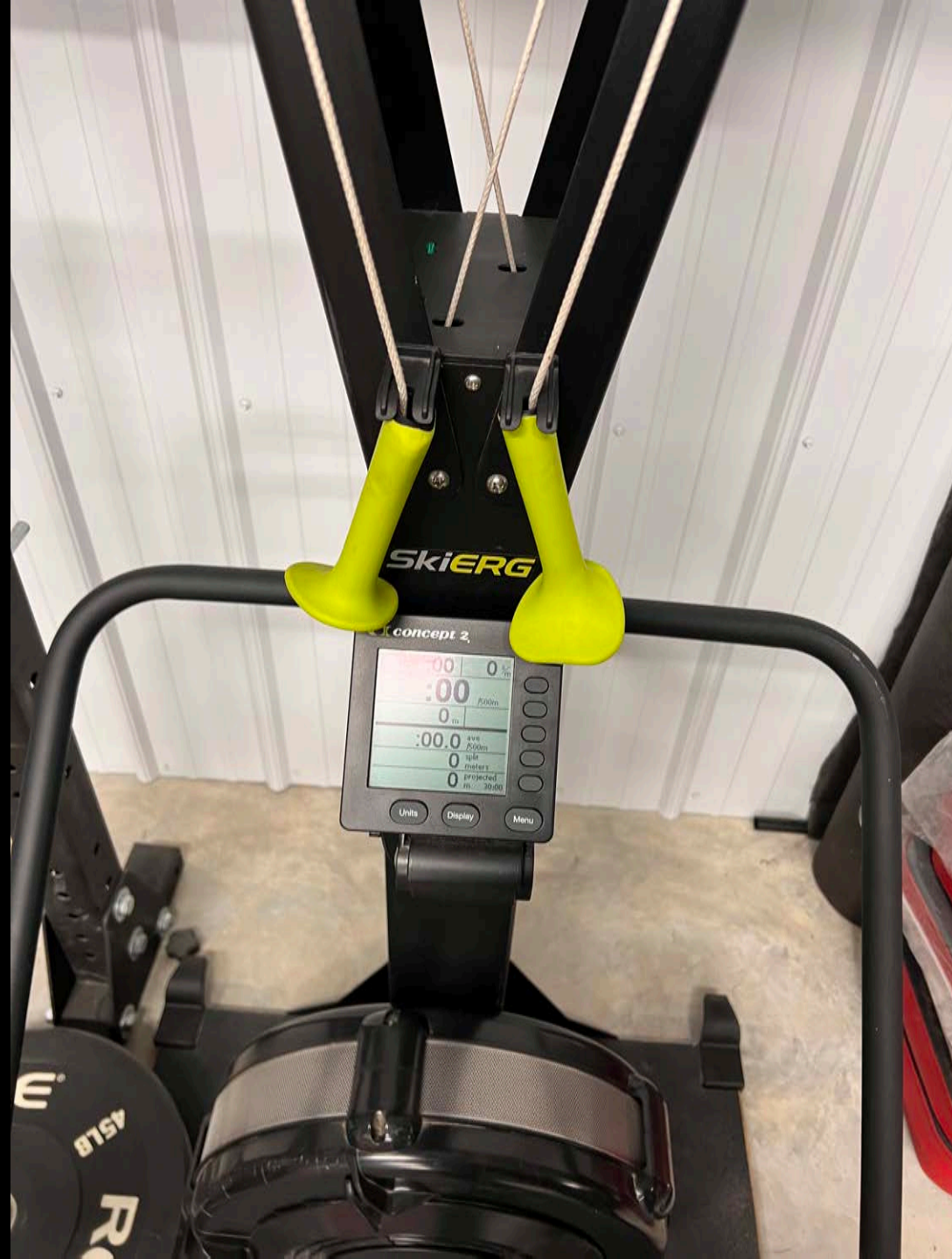
**Designing For  
Independence**



# Designing For Independence

Handle Hooks  
Make Handles  
Accessible

**Designing For  
Independence**





Assault Bike  
Handles For  
Seated  
Athletes and  
Flip Monitor

**Designing For  
Independence**





Rower Hook  
Single Arm  
Concept2 Rower

**Designing For  
Independence**





WheelChair  
Treadmill

**Designing For  
Independence**





MAXIMUM STRENGTH



# EQUIP PRODUCTS



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

*WWW.WHEELWOOD.COM*

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

## Jump Rope



## Mono Rope™



## Multi Ropes™



Same Stimulus - Multiple Impairments

**Demonstrations**

**Questions & Answer**

**Same Stimulus - Multiple Impairments**



# EQUIP PRODUCTS



THANK YOU

SPRING 2023