

45 MINUTE CIRCUIT /INTERVAL TRAINING REGIMEN

To be performed 2 times weekly

B-Indicates modification for wheelchair users



WARM UP

EXERCISE	WEIGHT/LEVEL (Will vary based on individual)	REPETITIONS	SETS	INTERVAL TIME
Treadmill	2.0-3.0			2 MIN.
Recumbent Bike	3.0-4.0			2 MIN.
Left/right side oblique twists	N/A	10 each side	2	
Forward/backward arm circles	N/A	10 each direction	2	
Left/right neck rolls	N/A	1 each direction	2	

CIRCUITS

TARGETED AREA	EXERCISE	WEIGHT /LEVEL (Will vary based on individual)	REPETITIONS	SETS	INTERVAL TIME
Triceps	Chair Tricep Dips	Use standard chair	10-12	2-3	
	Modified Chair Dips	Use wheelchair arm rests	10-12	2-3	
Cardio/Lower Body	Basic Sprints	Cones 20 ft. apart		5	30-60 seconds
Triceps	Tricep Over-head Extensions	Medium-heavy Theraband	10-12	2-3	
Biceps	Traditional Curls	8-15 lbs. dumbbells	10-12	2-3	
Core	Basic crunches with ball toss on mat	0-8lbs. medicine ball	12-15	2-3	
Cardio/Lower Body	Recumbent Bike	Level 4.0-10.0- Should be challenging			5 MIN.

Biceps	21's	8-12 lbs. dumb-bells	21	1	
Upper Back	Bent-over Row	8-12 lbs. dumb-bells	10-12	2-3	
Cardio/Lower Body	Jumping Jacks	N/A		3-5	30-60 seconds
	Speed Bag Boxing Drill	Use speed bag		3-5	30-60 seconds
Shoulders/Upper Back	Lateral Raises	5-8 lbs. dumb-bells	12-15	2-3	
Chest	Chest Press on mat	10-15 lbs. dumb-bells	10-12	2-3	
Core	Oblique Criss-crosses on mat	N/A	10-12	2-3	
Cardio/Lower Body	Trampoline	N/A		3-5	30-60 seconds
	Punching Bag Boxing Drill	Use Punching Bag		3-5	30-60 seconds
Chest	Push Ups	Standard or bent knee	8-12	2-3	
	Isometric Chest Press	N/A		5-7	15-20 seconds
Core	Superman exercises on mat	N/A	10-15	2-3	

COOL DOWN

EXERCISE	WEIGHT/LEVEL	REPETITION	SETS	INTERVAL TIME
Tricep Stretch	Across body left/right side	1 each side	2	
Upper Back Stretch	Hands clasped, arms reaching forward, rounded back	N/A	3	
Oblique Twist Stretch	Left/Right side	5 each side	1	
Shoulder Rolls	Forward/Back	3 each direction	1	
Deep Breaths	Inhale/exhale with arm raises	3	1	