

# EXERCISE INDEX

## DUMBBELL SHOULDER PRESS:

- Hold a dumbbell in each hand, with your palms facing forward
- Push the dumbbells vertically upward to the ceiling
- Slowly, return the dumbbells until they are in line with your chin



## BARBELL SHOULDER PRESS:

- Hold a barbell at the top of your chest, with your palms facing forward
- Push the barbell vertically upward to the ceiling
- Slowly, return the barbell until it's in line with your chin



## FRONT RAISES WITH HAMMER GRIP:

- Hold the dumbbells to the side of your chair with a neutral grip
- Your palms should be facing inward
- Raise the dumbbell upward with a slight bend in the elbow
- The dumbbell should move in a pendulum fashion
- Slowly, bring the weight back down to the side of your chair



## DUMBBELL SIDE RAISES/SINGLE ARM SIDE RAISES:

- Hold the dumbbells to the side of your chair with a neutral grip
- Your palms should be facing inward
- Raise the dumbbells to your sides
- Try not to grip the weights too hard and make sure your elbows are higher than your hands throughout the movement
- The dumbbells should move in a lateral pendulum fashion
- Slowly, bring the weight back down to the side of your chair



## SIDE RAISES WITH BAND (SUPER SLOW NEGATIVE):

- Place a resistance band underneath your chair
- Hold the resistance band in each hand by the side of your chair
- Raise your hands to your sides in a lateral pendulum fashion
- Throughout the movement, your elbows should be higher than your hands
- Slowly, bring your hands back down to the side of your chair



## MEDICINE BALL FRONT RAISES FOLLOWED BY PRESS:

- Hold the medicine ball by your knees
- Raise the medicine ball straight up until it reaches head height
- Bring the medicine ball toward you and then press up toward the ceiling
- Slowly, return the medicine ball back down toward your chin and then return to your knees



## SHOULDER ROTATOR TWISTS:

- Hold a dumbbell in each hand with your palms facing forward, similar to the mid-position of a dumbbell shoulder press
- With your upper arms and elbows fixed, rotate your arms so the dumbbells move in a clockwise manner
- Bring your arms back to the starting position
- At all times, your upper arms should stay parallel to the floor



# Adapted Exercises For The Disabled Adult A Training Manual

**IM Harris**



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