

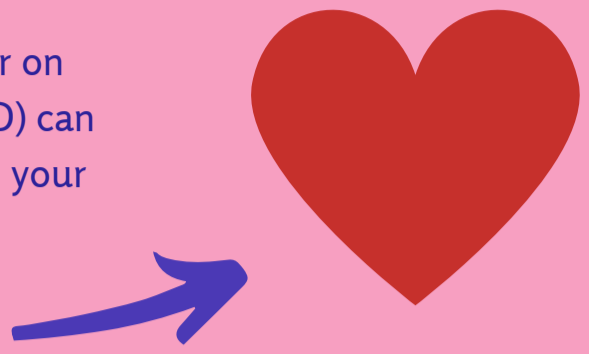
# FREE YOUTUBE EXERCISE VIDEOS FOR THOSE LIVING WITH PHYSICAL DISABILITIES



## NEW TO EXERCISE?

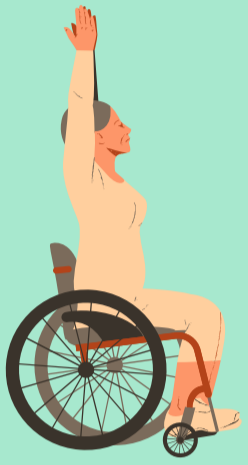
No worries! These videos by the National Center on Health, Physical Activity and Disability (NCHPAD) can help you understand the basics, and lead you on your way to a physically active life!

Click on the heart to get started!



## STRETCHING AND MOBILITY

The following videos aim to improve your flexibility and decrease any tension within your muscles.



Click on her for a home stretching routine!

Click on him for a home yoga routine!



## CARDIO VIDEOS FOR HOME

Below are some workouts that can be completed at home without any equipment. These will get your heart rate going!



8-min workout with Brittney!

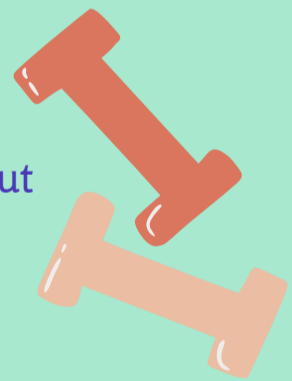
20-min workout with Kris!

23-min workout with Paul!

50-min workout with Gina!

## STRENGTH VIDEOS FOR HOME

Provided are some strength training videos from YMCA that can be completed at home. These exercises can be performed with or without dumbbells. Choose which intensity based on your goals for the day!



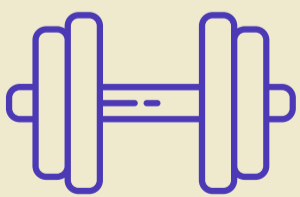
Light-intensity strength workout

Moderate-intensity strength workout

High-intensity strength workout

## STRENGTH VIDEOS FOR THE GYM

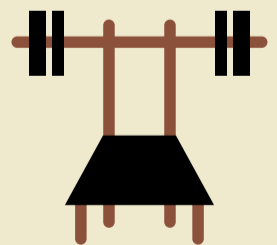
If you have access to a facility where gym equipment is available, these videos can help guide you with exercise ideas, how to transfer to and from a machine, as well as alternative options for weak hand function.



Using free weights

Using cable and pulley machines

Using weight machines



Check out these YouTube playlists and channels for more awesome workout ideas!



Adapt to Perform

NCHPAD

Powered to Move



HASfit

Parasport

Shepherd Center



Mission Gait

Paul Eugene

WheelPowerVideos

## References

- Adapt to Perform. (2020, October 27). *Relaxed seated (wheelchair) yoga for beginners* [Video]. YouTube. <https://www.youtube.com/watch?v=0YSC833r5xY>
- Adapt to Perform. (n.d.). *Home* [YouTube Channel]. Retrieved February 3, 2022, from <https://www.youtube.com/c/AdaptToPerform/featured>
- Empowered Para. (2021, March 22). *8 minute fat burning wheelchair workout* [Video]. YouTube. <https://www.youtube.com/watch?v=7y2rdP0cLIw>
- HASfit. (n.d.). *Home* [YouTube Channel]. Retrieved February 3, 2022, from <https://www.youtube.com/c/Hasfit/featured>
- Kaiser Permanente Thrive. (2018, September 20). *Seated upper body exercise video: Kaiser Permanente* [Video]. YouTube. <https://www.youtube.com/watch?v=R6Nr-VaFcqM>
- Mission Gait. (n.d.). *Home* [YouTube Channel]. Retrieved February 3, 2022, from <https://www.youtube.com/channel/UCdYhSujD-axqnb0jjXz8UFQ>
- National Center on Health, Physical Activity and Disability. (n.d.). *Playlists* [YouTube Channel]. Retrieved February 3, 2022, from <https://www.youtube.com/c/NchpadOrg>
- National Center on Health, Physical Activity and Disability. (n.d.). *Playlists* [YouTube Channel]. Retrieved February 3, 2022, from [https://www.youtube.com/playlist?list=PLbm-WciiELsvA-pMLLbcAEL\\_arBTjQh9e](https://www.youtube.com/playlist?list=PLbm-WciiELsvA-pMLLbcAEL_arBTjQh9e)
- Parasport. (2020, February 13). *Parasport home workout: Getting started with Kris Saunders-Stowe* [Video]. YouTube. [https://www.youtube.com/watch?v=ScS\\_BQpqlxk](https://www.youtube.com/watch?v=ScS_BQpqlxk)
- Parasport. (2020, March 26). *Parasport home workout #2* [Video]. YouTube. <https://www.youtube.com/watch?v=3L7to6gRHxc&t=420s>
- Parasport. (n.d.). *Playlists* [YouTube Channel]. Retrieved February 3, 2022, from <https://www.youtube.com/playlist?list=PLjVJ3ng0Z9j5pYkmP-E1dF2kNm5OMJqcp>
- Paul Eugene. (2017, June 27). *Wheel chair fitness exercise fat burner workout! Sit and get fit!* [Video]. YouTube. [https://www.youtube.com/watch?v=bML9D\\_I6Jes](https://www.youtube.com/watch?v=bML9D_I6Jes)
- Paul Eugene. (n.d.). *Playlists* [YouTube Channel]. Retrieved February 3, 2022, from [https://www.youtube.com/playlist?list=PLmtWOIugc\\_59K5fmeyF\\_Rjl5Jy3\\_D5yXF](https://www.youtube.com/playlist?list=PLmtWOIugc_59K5fmeyF_Rjl5Jy3_D5yXF)
- Powered to Move. (n.d.). *Home* [YouTube Channel]. Retrieved February 3, 2022, from <https://www.youtube.com/c/PoweredtoMove/featured>
- Shepherd Center. (n.d.). *Playlists* [YouTube Channel]. Retrieved February 3, 2022, from [https://www.youtube.com/playlist?list=PLow85HV\\_qUD4qtm6WQbGTN2tv58sFLCHP](https://www.youtube.com/playlist?list=PLow85HV_qUD4qtm6WQbGTN2tv58sFLCHP)
- The Active Hands Company. (2015, January 19). *Disability gym workout – cable and pulley machines: The active hands company* [Video]. YouTube. <https://www.youtube.com/watch?v=T1WULJ8qbmG&t=191s>
- The Active Hands Company. (2015, January 19). *Disability gym workout – free weights: The active hands company* [Video]. YouTube. <https://www.youtube.com/watch?v=6kn3dsPFMTQ>
- The Active Hands Company. (2015, January 19). *Disability gym workout – weight machines: The active hands company* [Video]. YouTube. [https://www.youtube.com/watch?v=qP\\_Z48SbHWA](https://www.youtube.com/watch?v=qP_Z48SbHWA)
- Wheel Power Videos. (n.d.). *Home* [YouTube Channel]. Retrieved February 3, 2022, from <https://www.youtube.com/channel/UC3S4K9vvRjIEIq4-Q8VK3Ig>

YMCA at Home: Free Programs Anytime, Anywhere. (2022, February 1). *High-intensity strength workout with ParticipACTION* [Video]. YouTube.

<https://www.youtube.com/watch?v=HnFHe2-3wVA&list=PLA2C6WTfk7jXt74ZTc6DktqypvmiyCMR4&index=6>

YMCA at Home: Free Programs Anytime, Anywhere. (2022, January 11). *Low intensity strength workout with ParticipACTION* [Video]. YouTube.

<https://www.youtube.com/watch?v=1PeGVAq9h5A&list=PLA2C6WTfk7jXt74ZTc6DktqypvmiyCMR4&index=7>

YMCA at Home: Free Programs Anytime, Anywhere. (2022, February 1). *Moderate-intensity strength workout with ParticipACTION* [Video]. YouTube.

<https://www.youtube.com/watch?v=ZFUMsxn3q7k&list=PLA2C6WTfk7jXt74ZTc6DktqypvmiyCMR4&index=3>