

ADAPTIVE SPORTS

NORTHWEST



← AN INCLUSIVE TRAINING PROGRAM TO HELP YOU... →



← BE PREPARED. BE FLUID. BE STRONG. BE RESTORED →

Produced by





FEATURING FOUR UNIQUE ROUTINES TO HELP YOU . . .

BE PREPARED. BE FLUID. BE STRONG. BE RESTORED

Choose one or more routines per workout depending on your goals and abilities.

BE PREPARED Routine -

Perform on its own or before other workouts; repeat up to 3x

BE FLUID and **BE STRONG** Routines -

Perform to build upper body range of motion and strength. For best results, perform the Be Strong Routine between the Be Prepared and Be Restored Routines (1x each)

- Level 1 (to build your foundation): repeat up to 2x
- Level 2 (to elevate your fitness): repeat up to 3x
- Level 3 (to optimize your results): repeat up to 4x

BE RESTORED Routine -

Perform on its own or after other workouts: repeat up to 3x

IF NEEDED:

- Use assistance with any exercise.
- Adjust recommended repetitions to your ability level.

IF APPROPRIATE:

- Incorporate weights with the **BE STRONG** routine.
 - Perform shoulder exercises with both arms simultaneously.
 - Execute exercises from a standing position.
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A GUIDE TO FOLLOWING THE DEMONSTRATED EXERCISES


FOLLOW ARROW TO
NEXT POSITION


HOLD BODY IN THE
SHOWN POSITION


ROTATE BODY TO SHOWN
POSITION AND HOLD



BE PREPARED

PRIME YOUR BODY AND MIND FOR **PEAK ACTIVITY**



1. Single-Arm Bent-Arm Rotations (15x each arm)



2. Shoulder Shrug & Reach (15x total)



3. Single-Arm Overhead Lateral Raises (15x each arm)



4. Alternating Side Bends (10x total)



5. Alternating Torso Twists (10x total)



6. Cats & Dogs (5x total)

BE FLUID

FIND FREEDOM OF MOVEMENT BY UNWINDING TENSION



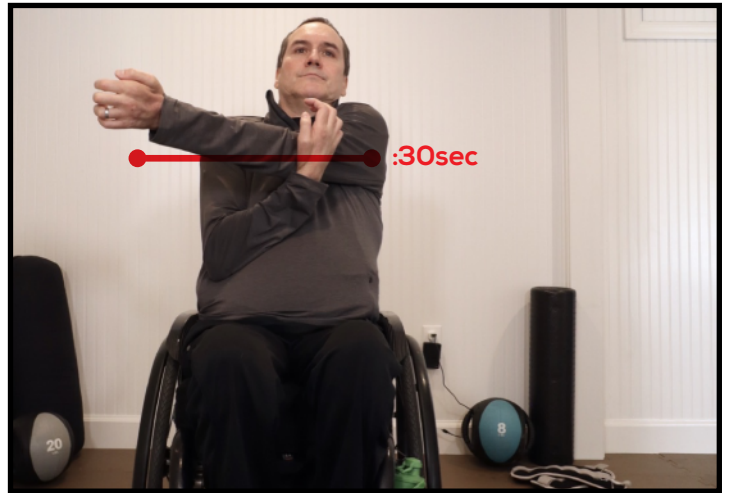
1. Single-Arm Shoulder Rotations (15x each arm)



2. Single-Arm Chest Expansion (15x each arm)



3. Active Chest Openers (15x total)



4. Single-Arm Cross-Body Stretch (:30sec each side)



5. Alternating Torso Twists (10x total)



6. Cats & Dogs (5x total)

BE STRONG *weights optional

BUILD RESILIENCY THROUGH POWERFUL MOVEMENTS



1. Single-Arm Circles (15x each arm & direction)



2. Single-Arm Reach & Row* (15x each arm)
*(Use weights only when appropriate)



3. Shoulder Blade Contractions (15x total)



4. Single-Arm Curl & Press* (15x each arm)
*(Use weights only when appropriate)



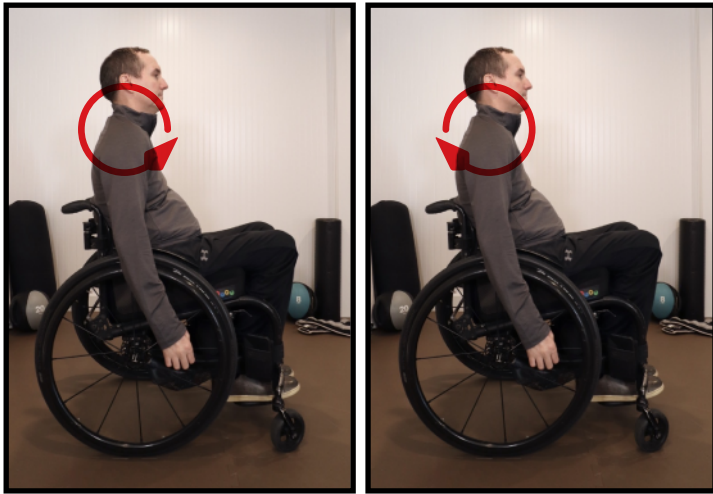
5. Single-Arm Lateral Raise Hold* (:30sec each arm)
*(Use weights only when appropriate)



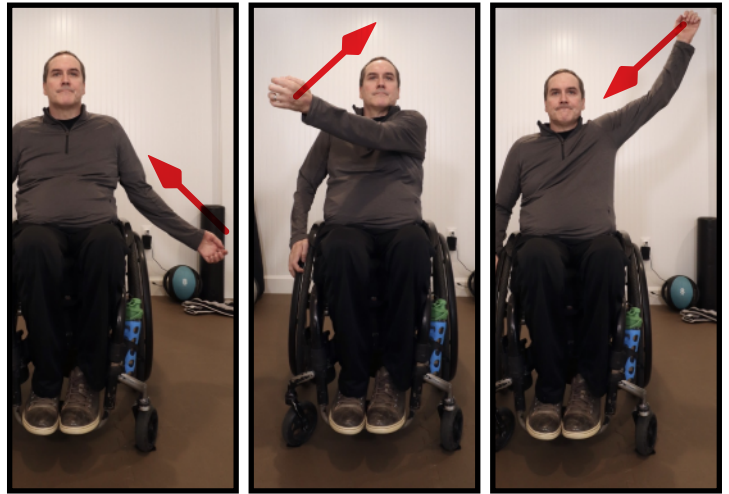
6. Cats & Dogs (5x total)

BE RESTORED

UNWIND AS YOU RESET FOR **YOUR NEXT GOAL**



1. Shoulder Rolls (15x each direction)



2. Single-Arm Diagonal Raises (15x each arm)



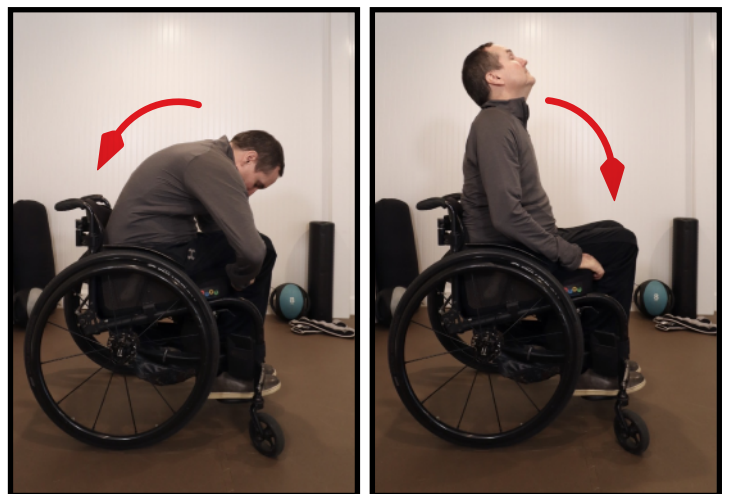
3. Chest Opener Hold (:30sec total)



4. Alternating Torso Twists (10x total)



5. Torso Twist Hold (:30sec each side)



6. Cats & Dogs (5x total)