

The IFI
Improve daily
life with exercise.



inclusive fitness

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IFI Small Equipment Pack



card number

A

The exercises shown in the following cards use the range of equipment displayed here.

IFI Small Equipment Pack

- A** Gym Ball 65cm
- B** TheraBands
- C** Dumbbells
- D** Foam Balls
- E** Ankle Weights
- F** Wrist Weights
- G** Soft Grip Dumbbells
- H** Adjustable Resistance Tubes



Introduction



card number

B

These exercise cards have been developed to assist fitness suite users with a number of exercises that may often be difficult to remember or perform correctly.

A qualified fitness instructor should show you how to do each exercise & which equipment you should use to get the best results for you.

You should not attempt any exercise without having been shown how to do it first.

Each card tells you why the exercise is important to help you in your daily life. It also gives you tips to make sure that you are doing the exercise correctly.

The final section gives you other ideas of how to change the exercise to make it easier or harder.

Most exercises can be performed in different ways and there are pictures to show you some of the options available and remind you how to do the exercise.

Your fitness instructor may recommend that you do some of these exercises at home once you have learnt them.

This could be achieved using objects from around the house such as bottles of water or cans, rather than using gym equipment. Speak to your fitness instructor if you would like to advance your programme to allow you to exercise at home as well as at the fitness suite.

If any exercise hurts or makes you feel unwell or dizzy, you should tell a fitness instructor straight away.



The Inclusive Fitness Initiative



card number

C

These exercise cards have been provided by the Inclusive Fitness Initiative (IFI), a project that is making fitness suites around the country more inclusive and accessible to everyone.

The IFI helps fitness suites by providing funding for fitness equipment, staff training, marketing & sports development.

Equipment

The IFI has accredited a range of fitness equipment from mainstream suppliers to make sure that the majority of disabled people can access a full body workout.

Training

The IFI provides training for all staff in disability awareness and also trains fitness instructors to be able to deliver a safe and appropriate exercise programme.

Marketing

The marketing support helps IFI Sites to communicate better with disabled people and encourage disabled people to use the fitness suite.

Sports Development

All IFI Sites are supported to create more sporting opportunities for disabled people within the local area.

IFI Staff also conduct an access audit to make sure that all IFI Sites meet a standard of accessibility.



What the IFI offers Fitness Suite users



card number

D

- 01.** Facilities that have been made more accessible to everyone.
- 02.** Equipment that meets IFI standards and has been tested by disabled and non-disabled people, to make sure most people can have a full body workout.
- 03.** Staff that have a high level of training and an understanding of the needs of their customers, providing a versatile and enjoyable exercise programme to users.
- 04.** The opportunity to exercise in a truly inclusive environment.
- 05.** Access to healthy lifestyle choices.



For more information, please ask a member of staff or go to www.inclusivefitness.org

Safety Guidelines



card number

E

01. Warm Up before you do any exercise.
02. Make sure that you have plenty of space to do your exercise.
03. Make sure you have a good grip on weights or bands.
04. When picking weights up from the floor (or putting them down), lift by bending your legs, not your back.
05. Do not try to lift too much weight
06. Do not try any exercise that you have not already been shown by a fitness instructor
07. Make sure you can remember how to do the exercise before you try it - if you can't remember, ask a fitness instructor to show you again.
08. Breathe as you do each exercise - you should not hold your breath.
09. Try to keep each movement slow and controlled.
10. Tell a fitness instructor straight away if any exercise hurts or you feel unwell or dizzy.



Posture & Body Alignment

seated exercise

- Sit towards the front of the chair with your feet slightly apart (hip width).
- Keep your back upright.
- Keep your shoulders relaxed & your chin parallel to the floor.

standing exercise

- Keep good balance by standing with your feet shoulder width apart.
- Keep your back upright.
- Keep your shoulders relaxed & your chin parallel to the floor.

seated - front view



seated - side view



standing - front view



standing - side view



Stretches - Chest



useful for these daily activities

- Helps easy breathing.
- Maintain good posture.
- Getting dressed.

technique/tips

- Squeeze your elbows and shoulder blades together.
- Pull your shoulder blades gently downward to stop your shoulders hunching.

other ideas

- Do one side at a time by holding onto a piece of equipment or a wall.

seated - back view



seated - side view



exercise

Stretches - Back of Arm



three

3

useful for these daily activities

- Reaching for high objects.
- Getting dressed.

technique/tips

- Keep your head in its normal position.
- Aim to point your elbow directly upwards and try to walk your hand further down your back.

standing - back view



seated - side view



exercise

Stretches - Back of Thigh



four

4

useful for these daily activities

- Reaching to the ground.
- Taking long strides when walking.

technique/tips

- Keep your back straight.
- If standing, rest your hands on the bent leg.

other ideas

- If you find balance or your supporting leg strength is a problem, do this stretch seated.

lying - side view



seated - side view



exercise

Stretches - Front of Thigh



five

5

useful for these daily activities

- Picking your feet up when walking.

technique/tips

- If standing, keep your supporting leg slightly bent.

other ideas

- Hold either an item of clothing (sock, trousers) or your foot, depending on flexibility.
- A strap or towel looped around the foot can be used if you find this stretch difficult.

lying - side view



standing - side view



exercise

Stretches - Upper Back



six

6

useful for these daily activities

- Getting dressed.

technique/tips

- Push your shoulders forward and shoulder blades apart - imagine you are hugging a beach ball.
- Pull your shoulder blades gently downward to stop your shoulders hunching.

other ideas

- This stretch can be done by actually “hugging” a beach ball or similar.

seated - side view



standing - side view



Stretches - Calf



useful for these daily activities

- Keeping long strides when walking.

technique/tips

- If standing, keep your feet hip width apart.
- Keep your toes pointing forwards.

other ideas

- If seated, use a strap or towel looped around the ball of your foot and gently pull towards you.
- Use a chair back to aid stability if standing.

seated - side view



standing - side view



exercise

Shoulder Press



eight

8

useful for these daily activities

- Lifting things up onto high shelves.
- Getting Dressed.

technique/tips

- Keep your shoulders down.
- To help your balance, stand with your feet shoulder width apart or sit on a chair.
- Keep your knuckles pointing to the ceiling.
- Keep your hands in front of your head.

other ideas

- Use either hand weights, wrist weights, resistance tubes or therabands.
- Do one arm at a time, using your other hand for support.

seated - before



seated - after



standing - before



standing - after



exercise

Outward Shoulder Rotation



nine

9

useful for these daily activities

- Opening and closing doors.
- Getting dressed.

technique/tips

- Tuck your elbows into your side.
- Keep your upper arm still.
- Keep the exercise smooth & controlled.

other ideas

- Use a securely attached resistance tube or theraband.
- This exercise can also be done standing up.

seated - before



seated - after

