

# PEAK Wheelchair Exercise Resource



## Dom Thorpe

Introduction and gentle warm up exercises | Move more with MS

<https://youtu.be/YkPHgdUtpg4>

Strengthen your upper body | Move more with MS

<https://youtu.be/14IKrtZCzk4>

10 minutes wheelchair arm workout | Move with MS

<https://youtu.be/EVQcgYQyzz0>

Seated Upper Body Circuit

<https://www.youtube.com/watch?v=8J-RgpBrRMY>

Full Upper Body Workout

<https://youtu.be/R6Nr-VaFcqM>

How to strengthen your core muscles | Move more with MS

<https://youtu.be/pvGpeh0JRfw>

Lying Core Rotation with a Dumbbell

<https://youtu.be/EXUsNBmK9ck>

Quad and hip flexor stretches for wheelchair users

<https://youtu.be/LYRB8HqNuzY>

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## Irish Wheelchair Association

Wheelchair Workout #1 - Irish Wheelchair Association

<https://youtu.be/EF7QffNh6v4>

Wheelchair Workout #2 w/ Adam - Irish Wheelchair Association

<https://youtu.be/naMgCDJ4CPA>

Wheelchair Workout #3 w/ Elaine - Irish Wheelchair Association

<https://youtu.be/FMYpMHOcQO4>

IWA Workout #4

<https://youtu.be/B1RwaWwStAg>

Spina Bifida Wheelchair Workout with Adam - Irish Wheelchair Association Workout

<https://youtu.be/4pHVHusXPSq>

Leg Amputee Wheelchair Workout with Elaine - IWA Workout

<https://youtu.be/rOl-B6uFd1E>

Shoulder, Arm and Wrist Wheelchair Workout - Irish Wheelchair Association Workout

<https://youtu.be/vyunxo5QpL4>

Wheelchair Strength Workout with Adrian

<https://youtu.be/-3NfZ1c4Lqo>

Full Body Wheelchair Workout with Elaine

<https://youtu.be/jevalWN88JA>

Shoulder, Chest and Arm Home Workout with Bart

<https://youtu.be/fUF0npRUjqM>

Wheelchair Core Workout with Aisling

<https://youtu.be/xqN8RKDODC8>

5 Upper Body Wheelchair Exercises with Anthony

<https://youtu.be/vJqEGZ1Ob7w>