



## **Online Adaptive Workouts**

*While you are sheltered in place at home, check out these engaging online adaptive workouts to stay active!*

- Disabled Sports USA #AdaptAtHome Virtual Programs and Events Calendar: <https://www.disabledsportsusa.org/adaptathome/>
- National Center on Physical Activity and Disability YouTube Channel with Workouts: <https://www.youtube.com/playlist?list=PLwMOBYmISHaPIArTOC4JBZfeuU7LN7KVJ>
- Every Body Fitness (subscription service): <https://www.scitotalfitness.com>
- Adapt to Perform- Workouts in Wheelchairs: <https://www.youtube.com/channel/UClosZzwrXmjPzDCwD9OcC0A/featured>
- Wheelchair Dance Routines: <https://www.youtube.com/user/ChelsiesJourney92/videos>
- DPI Adaptive Fitness Classes (pay per class): <https://www.dpiadaptivefitness.co/class-sign-up.html?fbclid=IwAR3lyKfnTj5skIRFWail2MUgdrVpWMDid3bTAehM9FmjBbSJQih8NI3zcpo>
- Mind Body Solutions 1-Hour Adaptive Yoga Class: <https://www.youtube.com/watch?v=LWc1XuKyDD8>
- "Exercise Video for People with Intellectual and Physical Disabilities": <https://www.youtube.com/watch?v=zTBBVJksal>
- KymNonStop Cardio & Core Seated Workout: <https://www.youtube.com/watch?v=FkpOJgzpmec>
- Lighthouse for the Blind and Visually Impaired Online Yoga Classes: <https://lighthouse-sf.org/calendar/>
- 25 Min. Kids Workout Routine: <https://www.youtube.com/watch?v=dhCM0C6GnrY>
- Yoga for Kids with Autism: <https://www.yogajournal.com/videos/introduction-to-yoga-for-kids-with-autism>

**"If I Can Do This, I Can Do Anything!"<sup>sm</sup>**

Tel: 530.581.4161 | Fax: 530.999.2245 | P.O. Box 8339, Truckee, CA 96162 | [www.AchieveTahoe.org](http://www.AchieveTahoe.org)

Physical Address: 2680 Alpine Meadows Road, Alpine Meadows, CA 96146