

AKA and BKA Beginner Functional

Step 1



Step 2



Wheelchair Pushups

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:

Begin sitting upright in the wheelchair and place hands on the armrest.

MOVEMENT:

Push up with your arms making them as straight as possible and your body lifts off the wheelchair seat.

TIP:

Make sure to lock your wheelchair in position so that it does not roll backwards. Maintain your balance by keeping your core engaged.

Step 1



Step 2



Standing Forward / Backward Weight Shift

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:

Begin standing in an upright position holding onto a chair or countertop for support. Distribute weight equally between both legs.

MOVEMENT:

Shift weight forward and backward.

TIP:

Focus on maintaining your balance and controlling your movements.

Step 1



Step 2



Step 3



Standing Lateral Weight Shift

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:

Begin standing in an upright position holding onto a chair or countertop for support. Distribute weight equally between both legs.

MOVEMENT:

Shift weight sideways left and right.

TIP:

Focus on maintaining your balance and controlling your movements.

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Step 1



Step 2



Step 3



Single Leg Weight Shifting

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:

Begin standing in an upright position holding onto a chair or countertop for support. Place one leg forward and one leg backward.

MOVEMENT:

Shift weight onto forward leg then onto back leg.

TIP:

Make sure to keep your core engaged and maintain your balance during the exercise.