

Please note: This is a living document that will change and grow as new resources are discovered. These are recommendations for ways to stay fit and active in a medium that is accessible for our athletes at Camp Abilities Brockport! User assumes all responsibility for injuries to persons or damages to property, and agrees to release and hold Camp Abilities Brockport harmless for any and all claims, of whatsoever nature, arising out of use of the recommended lessons while performing them. Camp Abilities Brockport will not be held liable for injuries or negligence and adults will ensure that all participants understand that they are to play at their own risk. We recommend the participant be supervised at all times!

### **Websites/Applications:**

- Dr. Lauren Lieberman's PEP 486 Undergraduate Sensory Impairment Video Playlist.
  - [https://www.youtube.com/playlist?list=PL5WWfXMODz0JUDVKQbqz5UvO\\_f03NdLBX](https://www.youtube.com/playlist?list=PL5WWfXMODz0JUDVKQbqz5UvO_f03NdLBX)
- Eyes Free Fitness
  - [https://www.youtube.com/channel/UCSJCXbR\\_C7IztG4us-8Hjw](https://www.youtube.com/channel/UCSJCXbR_C7IztG4us-8Hjw)
- Revision Fitness
  - [https://marketing31557.wixsite.com/revisiontraining?fbclid=IwAR2cZNNbXzH0RvZcmyMbPCcxIxfchJ3RkFEtrnQ0BR\\_4as96AmjbN8Eq554](https://marketing31557.wixsite.com/revisiontraining?fbclid=IwAR2cZNNbXzH0RvZcmyMbPCcxIxfchJ3RkFEtrnQ0BR_4as96AmjbN8Eq554)
- Aaptiv Audio Exercise IOS Application
- Map my run
- Garmin Running App
- Team USA Mobile App- Specifically USABA
  - Has specific training workouts for sports constructed by USABA
- <https://sites.aph.org/physical-education/videos/>
  - American Printing House for the Blind link has sites for a wide variety of Blind Sports
- Northwest Association for Blind Athletes (NWABA) YouTube channel with daily workouts posted!- <https://www.youtube.com/user/nwaba1>

### **Audio Descriptive Full-Body Workouts**

- NCHPAD: Exercising at Home, <https://youtu.be/eLClKvN9Qag>
- NCHPAD 8 Minute Inclusive <https://youtu.be/q0ttPm8LSEk>
- Active 8 Minute Exercise <https://youtu.be/YIB2SJnBHBQ>
- USABA Staying Fit While Staying Put
  - Judo <https://youtu.be/ZRgGFhAMyfE>
  - Paratriathlete <https://youtu.be/9N99iIWGvIY>

- Women's Goalball <https://youtu.be/0b6bolbf3H8>
- Full Body Workout : <https://www.youtube.com/watch?v=aFBRopKNGfw>
- Full Body Strength Workout : <https://www.youtube.com/watch?v=siIicrZ4gng>
- Squat Exercises with Weights: <https://www.youtube.com/watch?v=y1vqBF0CCVk>

### **Audio Descriptive Yoga**

- Cosmic Kids Yoga Frozen Version <https://youtu.be/xlg052EKMTk>
- StoryHive Yoga for Kids <https://youtu.be/X655B4ISakg>
- Medically Informed Yoga <https://www.medicallyinformedyoga.com/>
- Yoga with Adriene <https://youtu.be/0b6bolbf3H8>
  - Foundations of Yoga playlist will introduce poses

### **Audio Descriptive Cardio**

- Cincinnati Children's Cardio Fitness- <https://youtu.be/EkuRPJ8rMZI>
- Cincinnati Children's Cardio with Weights- <https://youtu.be/iXlIdfNnd74>

### **Abdominal Workouts:**

- 5 minutes Ab Workout: <https://www.youtube.com/watch?v=efGY4txBxTU>
- 10 minute Ab workout: <https://www.youtube.com/watch?v=MrV4vCotio0>
- 10 Minute Ab Workout: <https://www.youtube.com/watch?v=cbCt69XAUKA>

### **Guiding with Physical Distance**

- Video from United in Stride about Social Distant Guide Running
  - <https://youtu.be/BzjORiVxyp4>

### **DIY Home Equipment/Workout Vidoes**

- <https://drive.google.com/open?id=1ZcJAsrZgktNTSnnpbQYr9UYSK-FI6OXX>
  - Via Nicole McCoy
-

## Full Body Fitness Workout

**Level: Beginner / Intermediate**

**Duration: 20 minutes**

Type of Workout: Circuit workout (complete 2x)

| <b>Exercise</b>                | <b>How Many Times</b> | <b>Targeted Muscles</b> |
|--------------------------------|-----------------------|-------------------------|
| Squats                         | 2 sets of 10          | Legs                    |
| Chest Press Machine            | 2 sets of 10          | Arms                    |
| Mountain Climbers              | 2 sets of 25          | Arms and Legs           |
| Russian Twist w/ Medicine Ball | 2 sets of 20          | Abdominals              |
| Dumbbell Lunges                | 2sets of 10           | Legs                    |
| Push ups                       | 2 sets of 12          | Arms and Shoulders      |
| Sit ups with Med Ball          | 2 sets of 15          | Abdominals              |

|                |                     |                    |
|----------------|---------------------|--------------------|
| Shoulder Press | 2 sets of 10        | Shoulders and Arms |
| Squat Thrust   | 2 sets of 10        | Full Body          |
| Plank          | 2 sets of 1 minutes | Abdominals/Back    |

**Youtube Links for proper form:**

How to Squat: <https://www.youtube.com/watch?v=aPYCiuiB4PA>

How to Chest Press: <https://www.youtube.com/watch?v=mlXTzUUR9AE>

How to do Mountain Climbers: <https://www.youtube.com/watch?v=De3Gl-nC7IQ>

How to do Russian Twist: [https://www.youtube.com/watch?v=2yr\\_xepBbSw](https://www.youtube.com/watch?v=2yr_xepBbSw)

How to do Russian Twist with weights( dumbbells or weights or medicine ball ):

<https://www.youtube.com/watch?v=jXc1ca-dwK4>

How to do Lunges:

<https://www.youtube.com/watch?v=3XDriUn0udo>

How to do dumbbell lunges: <https://www.youtube.com/watch?v=7oD88qGR3mk>

How to do Modified Push-ups:

<https://www.youtube.com/watch?v=DrmG3Kq7fPE>

How to do Incline Push-ups:

<https://www.youtube.com/watch?v=Z0bRiVhnO8Q>

How to do Standard Push-ups:

<https://www.youtube.com/watch?v=eFOSh8vpd6I>

How to do Sit Ups: [https://www.youtube.com/watch?v=1fbU\\_MkV7NE](https://www.youtube.com/watch?v=1fbU_MkV7NE)

How to do Sit ups with Medicine Balls: <https://www.youtube.com/watch?v=v9dDZASJrGg>

How to do Shoulder Press: <https://www.youtube.com/watch?v=1PUQV-e7EDs>

How to do Squat Thrust : [https://www.youtube.com/watch?v=RJx7A7rN\\_4I](https://www.youtube.com/watch?v=RJx7A7rN_4I)

How to do Plank:

<https://www.youtube.com/watch?v=pvIjsG5Svck>