

| Disability | Recomended Exercise Groups | | | |
|------------------------------------|----------------------------|---------------|-------------------|---------|
| | Strength | Flexibility | Aerobic Endurance | Balance |
| Auditory Impairments | Any | Any | Any | Any |
| Visual impairments | Any | Any | Any | Any |
| Physical/Mobility disabilities | 101-104, 106-108, 110 | 201, 202, 204 | Any | Any |
| Intellectual/Learning disabilities | 101-103, 106-108, 110 | 201, 202, 204 | Any | Any |
| Autism spectrum disorders | 101-103, 106-108, 110 | 201, 202, 204 | Any | Any |
| Invisible (mental health) | 101-103, 106-108, 110 | 201, 202, 204 | Any | Any |
| Health (disease) | 101-103, 106-108, 110 | 201, 202, 204 | Any | Any |

TYPE I TRAINING - STRENGTH AND FLEXIBILITY

| | Number of exercises | Number of Sets | Repetitions per set | Duration per repetition |
|--------------------|---------------------|----------------|---------------------|-------------------------|
| Strength | 3-6 | 2-4 | 6-10 | 4-6 seconds |
| Flexibility | 8-12 | 1-3 | 2-3 | 6-10 seconds |

TYPE II TRAINING - BALANCE AND AEROBIC ENDURANCE

| | Number of exercises | Number of Sets | Repetitions per set | Duration per repetition |
|------------------|---------------------|----------------|---------------------|---------------------------|
| Balance | 3-6 | 2-4 | 6-10 | 3-10 seconds |
| Endurance | 1-5 | 1-3 | 1-5 | 30. 45, 60 or 60+ seconds |

ONE WEEK ORGANISATION - Stage 1 (beginners)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|---------|----------|------------------|
| Type I | Type II | | Type I | Type II | | Just Flexibility |

ONE WEEK ORGANISATION - Stage 2

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|-----------------|--------|
| Type I | Type II | Type I | Type II | | Sports Activity | |

ONE WEEK ORGANISATION - Stage 3

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------------|----------|---------|-----------------|--------|
| Type I | Type II | Sports Activity | Type I | Type II | Sports Activity | |

| Group Number | 101 | 102 | 103 | 104 | 105 | 106 |
|--------------------|---|---|---|---|---|---|
| Motor Ability | Strength | Strength | Strength | Strength | Strength | Strength |
| Position | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Lying Position |
| Group Level | Easy | Easy | Easy / Moderate | Moderate | Moderate / Hard | Easy / Moderate |
| Body Part Affected | One Arm / Sholder Both Arms / Sholders / Chest / Core | Legs | Arms / Chest / Sholders / Back / Core | Arms / Sholders / Back | Arms / Sholders / Chest / Back | Arms / Chest / Core |
| Requisites / Help | No / Desk / Towl or Cloth | No / Resistance Band / Towel | Ball To make it harder, use Medicine Ball | Dumbbells / Homemade Weights | Resistance Band / Dumbbells / Tennis Ball To make it harder, use bigger Weights | Assistant |
| Exercise Number | Name / Link | Name / Link | Name / Link | Name / Link | Name / Link | Name / Link |
| 1 | Arm lateral rase | Hip Flexors with Assistance | Warm-Up Procedure | Warm-Up Procedure | Lying Extendet Arm Rotations | Pelvic Tilts |
| | https://www.youtube.com/watch?v=7JHMPnautSo | https://www.youtube.com/watch?v=zpHD_pBKmzY | https://youtu.be/PbLi7bX_VsA?t=147 | https://youtu.be/feO6Xw5UteE?t=135 | https://www.youtube.com/watch?v=EXUsNBmK9ck | https://www.youtube.com/watch?v=TptrHkliLNE |
| 2 | Biceps slow | Over The Pillow W/WO Help | Seated Rotations With Ball in Front | Seated dumbbell front raise (two arm) | Arms Up With Weights | Assisted Biceps Curls |

| Group Number | 101 | 102 | 103 | 104 | 105 | 106 |
|---------------|---|---|---|---|---|---|
| Motor Ability | Strength | Strength | Strength | Strength | Strength | Strength |
| Position | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Lying Position |
| Group Level | Easy | Easy | Easy / Moderate | Moderate | Moderate / Hard | Easy / Moderate |
| 3 | https://www.youtube.com/watch?v=XGGRrQY5yMw | https://www.youtube.com/watch?v=kgG45ukZIWY | https://www.youtube.com/watch?v=WZH0D0_qh6A | https://www.youtube.com/watch?v=k1uU1iTUEVO | https://youtu.be/8J-RgpBrRMY?t=156 | https://www.youtube.com/watch?v=RRb32ARgZmo |
| | Sholder raise | Legs on Couch W/WO Help | Seated Arms Raise With Ball/Medicine Ball | Seated front shoulder press (single dumbbell) | Seated Fast Body Rotations With Weights | Assisted One-Arm Press |
| 4 | https://www.youtube.com/watch?v=Y1ToCsFp6CQ | https://www.youtube.com/watch?v=3MMXMUcK9Fw | https://www.youtube.com/watch?v=mQRymoilo1M | https://www.youtube.com/watch?v=VnEQS3T2mWg | https://youtu.be/8J-RgpBrRMY?t=314 | https://www.youtube.com/watch?v=HWWpAOspGsg |
| | Arm back raise | Single Leg Knee Extension | Larusso Press | Seated single arm row | Seated Lateral Triceps With Arms Up | Assisted Reclined Pullovers |
| 5 | https://www.youtube.com/watch?v=JpNUwZeRmiU | https://www.youtube.com/watch?v=O_gvS9Gy6fA | https://www.youtube.com/watch?v=_S5M90pZ-YM | https://www.youtube.com/watch?v=vab60KW5FLQ | https://youtu.be/8J-RgpBrRMY?t=378 | https://www.youtube.com/watch?v=Otlbms5TcJw |
| | Arm front raise, with rotation | Toe Raise W/WO Band | Reclined Reachouts | Triceps Overhead | Double Arm Swings Over The Head With Weights | Punches |
| | https://www.youtube.com/watch?v=Qq8qSeeUKh0 | https://www.youtube.com/watch?v=PzZJyzTZdGE | https://www.youtube.com/watch?v=L5msPCu0l1l | https://youtu.be/n9RnWyQKJlI?t=262 | https://youtu.be/8J-RgpBrRMY?t=496 | https://youtu.be/n281WP7SopU?t=20 |

| Group Number | 101 | 102 | 103 | 104 | 105 | 106 |
|---------------|--|--|--|---|---|---|
| Motor Ability | Strength | Strength | Strength | Strength | Strength | Strength |
| Position | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Lying Position |
| Group Level | Easy | Easy | Easy / Moderate | Moderate | Moderate / Hard | Easy / Moderate |
| 6 | Seated One Arm Reach The Target https://www.youtube.com/watch?v=kjr3RzN51XE | Wheelchair Leg Procedure https://youtu.be/ScS_BQpqIxB?t=633 | Seated Triceps Deaps https://www.youtube.com/shorts/4csr5ZzkHkY | Extend & Pass https://www.youtube.com/watch?v=MHphFyrSRRw | Full Lateral Raises With Weights https://youtu.be/8J-RgpBrRMY?t=548 | Single Arm Raise https://youtu.be/n281WP7SopU?t=36 |
| | 7 | Desk Slides https://www.youtube.com/watch?v=PwEL7qy4qsY | Seated isometric quadriceps https://www.youtube.com/watch?v=KVti4nV51Q0 | Back Extension (Sitting) To make it easier, put your arms down, or on a handrails https://www.youtube.com/shorts/gbDomVN9UFE | Reclined Chest Fly https://www.youtube.com/watch?v=FNSDEDgiA2Y | Rowing One or Both Arms With Weights https://youtu.be/8J-RgpBrRMY?t=604 |
| 8 | Hand Clasps https://www.youtube.com/watch?v=u0ZT1XJ4g4o | Seated isometric hamstrings https://www.youtube.com/watch?v=633pU10icWU | Long One Hand Reaches https://youtu.be/feO6Xw5UteE?t=480 | Weights Around Torso https://www.youtube.com/watch?v=mvXdkvnTOWE | Elastic Band Spreading https://youtu.be/8J-RgpBrRMY?t=775 | Heel Taps https://youtu.be/n281WP7SopU?t=345 |

| Group Number | 101 | 102 | 103 | 104 | 105 | 106 |
|---------------|---|---|---|---|---|---|
| Motor Ability | Strength | Strength | Strength | Strength | Strength | Strength |
| Position | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Lying Position |
| Group Level | Easy | Easy | Easy / Moderate | Moderate | Moderate / Hard | Easy / Moderate |
| 9 | Side Bands (Sitting) | Double Leg Seated Hips Abduction with Band | Raising Lion King To make it Harder - use ball or Medicine Ball | Wrist Curls | Chest Press With Resistance Band | One Arm Side Rotations |
| | https://www.youtube.com/watch?v=xRW6rcwNOrE | https://www.youtube.com/watch?v=jH9IRIYNOew | https://www.youtube.com/watch?v=nxEnt5F-z38 | https://www.youtube.com/watch?v=TeDEHQHkLul | https://www.youtube.com/watch?v=hISFgUuy25Y | https://youtu.be/3k9fOz0BdmU?t=140 |
| 10 | Torso Rotations (Sitting) | Double Leg Seated Hips Adduction with Band | Forward And Back Easily | Shift the dumbbell | Lower Arms Spreading | One Arm Lateral Raise |
| | https://www.youtube.com/watch?v=caQUycBVL5c | https://www.youtube.com/watch?v=DzVGCgJcvwo | https://youtu.be/ScS_BQpqlxk?t=407 | https://youtu.be/feO6Xw5UteE?t=367 | https://youtu.be/tiFOZH-zCYY?t=1616 | https://youtu.be/3k9fOz0BdmU?t=160 |

| Group Number | 107 | 108 | 109 | 110 | 111 |
|--------------------|---|---|---|---|---|
| Motor Ability | Strength | Strength | Strength | Strength | Strength |
| Position | Lying Position | Lying Position | Lying Position | Sitting / Standing | All Positions |
| Group Level | Easy / Moderate | Easy / Moderate | Moderate / Hard | Easy / Moderate | Hard |
| Body Part Affected | Legs / Abs | Whole Body | Whole Body | Mostly Legs (One or Two) Arms and Sholders | Whole Body |
| Requisites / Help | No / Assistant | Dumbbells To make it easier, dont use weights from videos | No / Resistance Band | Chair, Handrail / Bottle / Resistance Band / Tennis Ball | W/WO Assistant Weights / Dumbbells |
| Exercise Number | Name / Link | Name Link | Name / Link | Name / Link | Name / Link |
| 1 | Assisted Calf Press and Tibialis Anterior flex https://www.youtube.com/watch?v=KSMSVWeJn2g | Arm Side Raise https://www.youtube.com/watch?v=hlsIBmw711M | Oposite Arm and Leg Lift https://youtu.be/Y-GqaJRLmWw?t=173 | Easy Warm-Up Routine https://www.youtube.com/watch?v=wOJfB1XdUr4&list=PLseEst8sYZkQubzSGYkYZG9kZeYgcDZO2 | Classic Push-Ups https://youtu.be/Y-GqaJRLmWw?t=238 |
| 2 | Toe Taps (To make it easier, put opposite leg on a chair, bad, tall pillow) | Triceps In Front of The Chest | Reach Crunches | Single Leg Extension | Step-Ups Make them harder using weights |

| Group Number | 107 | 108 | 109 | 110 | 111 |
|---------------|---|---|---|---|---|
| Motor Ability | Strength | Strength | Strength | Strength | Strength |
| Position | Lying Position | Lying Position | Lying Position | Sitting / Standing | All Positions |
| Group Level | Easy / Moderate | Easy / Moderate | Moderate / Hard | Easy / Moderate | Hard |
| 3 | https://www.youtube.com/watch?v=9ilGEFwrYQw | https://www.youtube.com/watch?v=iUOnLbikzY | https://youtu.be/Y-GqaJRLmWw?t=706 | https://www.youtube.com/watch?v=qN5ZSQtrsaQ | https://youtu.be/Y-GqaJRLmWw?t=264 |
| | Heels Slides for Hamstrings | One-Arm Biceps&Press | Prone Skydiver | Double Leg Up and Down | Up and Down with Hips on Elbows |
| 4 | https://www.youtube.com/watch?v=BseVdaaK_e8 | https://youtu.be/feO6Xw5Ute?t=637 | https://www.youtube.com/watch?v=QFCp9-eo2TA | https://www.youtube.com/watch?v=w3u2QQIJDyk | https://youtu.be/Y-GqaJRLmWw?t=353 |
| | Pelvic Raise W/WO One Leg Raise | Chest Press | Easy Push-Ups | Sit-Ups With Press Make them harder using weights | Bent-Over Row |
| 5 | https://www.youtube.com/watch?v=_0jTc6L4mbo | https://www.youtube.com/watch?v=kfLDsSmk8K4 | https://youtu.be/Y-GqaJRLmWw?t=219 | https://youtu.be/Y-GqaJRLmWw?t=624 | https://youtu.be/Y-GqaJRLmWw?t=398 |
| | Hip Extension on Side | Pelvic Raise W/WO One Leg Raise | Reclined Chest Fly | Toe Raise | Revers Arms Fly |
| | https://www.youtube.com/watch?v=qh9909An1QU | https://www.youtube.com/watch?v=_0jTc6L4mbo | https://www.youtube.com/watch?v=FNSDEDgiA2Y | https://www.youtube.com/watch?v=qnV1yuU5jHg | https://youtu.be/Y-GqaJRLmWw?t=576 |

| Group Number | 107 | 108 | 109 | 110 | 111 |
|---------------|---|--|--|---|---|
| Motor Ability | Strength | Strength | Strength | Strength | Strength |
| Position | Lying Position | Lying Position | Lying Position | Sitting / Standing | All Positions |
| Group Level | Easy / Moderate | Easy / Moderate | Moderate / Hard | Easy / Moderate | Hard |
| 6 | Hip Abductor Raise https://www.youtube.com/watch?v=oxfzG2HTYow | Heels Slides for Hamstrings https://www.youtube.com/watch?v=BseVdaaK_e8 | Reclined Shoulder Press https://www.youtube.com/watch?v=WNQfRDwGKMY | Hip Abductors (Standing) https://www.youtube.com/watch?v=O-xy6sCDZ5k | Standing Push-Ups Simulation https://youtu.be/Y-GqaJRLmWw?t=776 |
| 7 | Hip Adductor Raise https://www.youtube.com/watch?v=m6d0PuDlfmw | Regular Plank https://youtu.be/8JCHeodNf3w?t=886 | Small Hips Raise (Single or Double Leg) https://www.youtube.com/watch?v=XEOe_Jgk_w | Around The World https://www.youtube.com/watch?v=WqyBCxS8q7A | Sit-Ups With Jump https://youtu.be/Y-GqaJRLmWw?t=811 |
| 8 | Single Leg Raise https://www.youtube.com/watch?v=bWKnQPRiPW4 | Lying Hip Extension (One Leg) https://www.youtube.com/watch?v=wg_JUAJjiW0 | Cycle Ride https://www.youtube.com/watch?v=kdsOGhGfUWQ | Glutes on One Leg with Chair https://youtu.be/j0WpILFHOw0?t=548 | Elbow - Knee in Sitting Position https://www.youtube.com/watch?v=2s9ksbku6-c |

| Group Number | 107 | 108 | 109 | 110 | 111 |
|---------------|---|--|--|--|--|
| Motor Ability | Strength | Strength | Strength | Strength | Strength |
| Position | Lying Position | Lying Position | Lying Position | Sitting / Standing | All Positions |
| Group Level | Easy / Moderate | Easy / Moderate | Moderate / Hard | Easy / Moderate | Hard |
| 9 | Abs with Palm Slides https://www.youtube.com/watch?v=uzBuoWpL25s | One Leg Raise https://www.youtube.com/watch?v=4rFn8Z6iDRY | Lying Banded Quad https://www.youtube.com/watch?v=XnDt5FhnTul | Drop-Downs with Chair https://youtu.be/j0WpILFH0w0?t=624 | Semi-Squats Make them harder using Weights https://youtu.be/n9RnWyQKJII?t=203 |
| 10 | Knee Flexion (Lying) https://www.youtube.com/watch?v=K-ScRVseTHk | Lying Hip Abduction https://www.youtube.com/watch?v=sw6AYcEQ4jE | Lying Banded Hamstrings https://www.youtube.com/watch?v=LWpTRzqDxmc | Wall Push-Ups https://youtu.be/8JCHedNf3w?t=840 | Legs&Torso Raises on Stomach https://youtu.be/n9RnWyQKJII?t=321 |

| Group Number | 201 | 202 | 203 | 204 |
|--------------------|--|---|--|--|
| Motor Ability | Flexibility | Flexibility | Flexibility | Flexibility |
| Position | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Lying |
| Group Level | Easy / Moderate | Easy / Moderate | Moderate / Hard | Easy / Moderate |
| Body Part Affected | Upper Body | Whole Body | Whole Body | Whole Body |
| Requisites / Help | No | No / Assistant | No / Assistant / Towl | No / Assistant / Dumbbells / Towl |
| Exercise Number | Name / Link | Name / Link | Name / Link | Name / Link |
| 1 | Lat and Triceps Stretch https://www.youtube.com/watch?v=QWfrfg_9PGU | Neck Stretch https://www.youtube.com/watch?v=XDohqv1QitM | Dynamic Active Arms Stretch / Warm-Up Procedure https://youtu.be/HqSczxDVVgU?t=56 | Pectoralis Stretch https://www.youtube.com/watch?v=pZlCS5wxaig |
| 2 | Upper Body Set of Stretch Exercises https://youtu.be/tiFOZH-zCYY?t=1728 | Chest Dinamic Stretch https://youtu.be/yy_b15P4la0?t=249 | Sholder / Transversus Actice Stretch With Side Pushes https://youtu.be/feO6Xw5UteE?t=204 | Quad and hip flexor stretches https://www.youtube.com/watch?v=LYRB8HqNuzY |

| Group Number | 201 | 202 | 203 | 204 |
|---------------|---|---|---|---|
| Motor Ability | Flexibility | Flexibility | Flexibility | Flexibility |
| Position | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Lying |
| Group Level | Easy / Moderate | Easy / Moderate | Moderate / Hard | Easy / Moderate |
| 3 | Abs Rotators Stretch (Sitting) | Hip Adductors Stretch | Reach Up - Stretch Up | Lateral Leg Side (IT band) Stretch |
| | https://youtu.be/tiFOZH-zCYY?t=1823 | https://www.youtube.com/watch?v=r7emB3tJMtE | https://youtu.be/DEWtcrpV7Vg?t=375 | https://www.youtube.com/watch?v=kUxE83-ND7k |
| 4 | Abs Rotators And Side Flexors Stretch (Sitting) Funny | Hip Adductors Stretch, Second Variation | Chest Dinamic Stretch | Knee Rocks |
| | https://youtu.be/DEWtcrpV7Vg?t=700 | https://www.youtube.com/watch?v=nFYS_ew8Nhw | https://youtu.be/yy_b15P4la0?t=249 | https://www.youtube.com/watch?v=Nu8KoRulRQ8 |

| Group Number | 201 | 202 | 203 | 204 |
|---------------|---|---|---|---|
| Motor Ability | Flexibility | Flexibility | Flexibility | Flexibility |
| Position | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Lying |
| Group Level | Easy / Moderate | Easy / Moderate | Moderate / Hard | Easy / Moderate |
| 5 | Chest Dinamic Stretch | Glute Stretch | Back Stretch Walking on Hands | Chest / Lat Stretch |
| | https://youtu.be/yy_b15P4la0?t=249 | https://www.youtube.com/watch?v=wNq0RvuzCDc | https://youtu.be/fe06Xw5UteE?t=135 | https://www.youtube.com/watch?v=LUFhWd-se5c |
| 6 | Front Abs Stretch | Seated Quad Stretch | Glute / IT Band Stretch | Crocodile Arms |
| | https://youtu.be/8JChEodNf3w?t=582 | https://www.youtube.com/watch?v=HRvNnVRRtko | https://www.youtube.com/watch?v=OvxfVTKp7GI | https://youtu.be/0jNTxX_FK5c?t=359 |
| 7 | Desk Dorsal Wrist Flexion | Seating One-Leg Hamstring Stretch | Straight-Legs Hamstrings Stretch | Front Abs Stretch |

| Group Number | 201 | 202 | 203 | 204 |
|---------------|---|---|---|---|
| Motor Ability | Flexibility | Flexibility | Flexibility | Flexibility |
| Position | Sitting W/WO Backrest | Sitting W/WO Backrest | Sitting W/WO Backrest | Lying |
| Group Level | Easy / Moderate | Easy / Moderate | Moderate / Hard | Easy / Moderate |
| 8 | https://www.youtube.com/watch?v=9j-WgrcDGy4 | https://www.youtube.com/watch?v=-u3W-Ilznuo | https://www.youtube.com/watch?v=0BwyZf2Ezag | https://youtu.be/8JCHeodNf3w?t=582 |
| | Fingers Stretch | Front Abs Stretch | Quad Stretch | Lying Quad Stretch |
| 9 | https://www.youtube.com/watch?v=dLlpd7WGUkU | https://youtu.be/8JCHeodNf3w?t=582 | https://www.youtube.com/watch?v=kyG0JPluiY | https://www.youtube.com/watch?v=98I9C78aBZg |
| | Forward And Back Easily | Upper Body Deaf Stretching Routine | Walking On Hands in Different Directons | Lying Hamstring Stretch |
| 10 | https://youtu.be/ScS_BQpqlxk?t=407 | https://www.youtube.com/watch?v=g7LWTAQDNeQ | https://youtu.be/0jNTxX_FK5c?t=441 | https://www.youtube.com/watch?v=bRbBNs8tRl0 |
| | Side Abs Stretching | Forward And Back Moderate | Side Abs Complex Stretch | Calf stretch |
| | https://youtu.be/ScS_BQpqlxk?t=436 | https://youtu.be/ScS_BQpqlxk?t=587 | https://youtu.be/0jNTxX_FK5c?t=526 | https://www.youtube.com/watch?v=bhcmEcy4Eo |

| Group Number | 301 | 302 | 303 | 304 |
|--------------------|---|---|---|---|
| Motor Ability | Aerobic Endurance | Aerobic Endurance | Aerobic Endurance | Aerobic Endurance |
| Position | Sitting W/WO Backrest | Sitting Wheelchair moving | Standing / Different position | Standing / Different position |
| Group Level | Easy / Moderate | Moderate | Easy / Moderate | Moderate / Hard |
| Body Part Affected | Upper Body | Upper Body | Whole Body | Whole Body |
| Requisites / Help | No / Long Stick To make it harder use small weights | No / Wall / Tapes | Ball / Different Small Objects / Drawing Chalk | W/WO Assistant Weights / Dumbbells / Chair |
| Exercise Number | Name / Link | Name / Link | Name / Link | Name / Link |
| 1 | Upper Body Warm-Up | Circle Training | Endurance Challenges | Standing Warm-Up |
| | https://youtu.be/8J-RgpBrRMY?t=105 | https://www.youtube.com/watch?v=3L7to6gRHxc | https://www.mencap.org.uk/sites/default/files/2020-07/Chalk%20and%20equipment%20free%20games.pdf | https://youtu.be/Y-GqaJRLmWw?t=53 |
| 2 | Arms Front Boxing | Circles Sprint | Leg Swimkick | Hard Warm-Up |
| | https://youtu.be/8J-RgpBrRMY?t=431 | https://youtu.be/tiFOZH-zCYY?t=453 | https://www.youtube.com/watch?v=QMIfrl5S1pg | https://youtu.be/j0WpILFH0w0?t=39 |

| Group Number | 301 | 302 | 303 | 304 |
|---------------|---|---|---|---|
| Motor Ability | Aerobic Endurance | Aerobic Endurance | Aerobic Endurance | Aerobic Endurance |
| Position | Sitting W/WO Backrest | Sitting Wheelchair moving | Standing / Different position | Standing / Different position |
| Group Level | Easy / Moderate | Moderate | Easy / Moderate | Moderate / Hard |
| 3 | Arms Boxing Above the Head | Arms Reach Endurance | Knee Rocks | Step-Ups Make them harder using weights |
| | https://youtu.be/8J-RgpBrRMY?t=746 | https://youtu.be/tiFOZH-zCYY?t=659 | https://www.youtube.com/watch?v=Nu8KoRuIRQ8 | https://youtu.be/Y-GqaJRLmWw?t=264 |
| 4 | In&Out Press W/WO Weights | Change Direction Endurance | Regular Plank | Sit-Ups With Press Make them harder using weights |
| | https://youtu.be/8J-RgpBrRMY?t=844 | https://youtu.be/tiFOZH-zCYY?t=881 | https://youtu.be/8JCHeodNf3w?t=886 | https://youtu.be/Y-GqaJRLmWw?t=624 |

| Group Number | 301 | 302 | 303 | 304 |
|---------------|---|---|---|---|
| Motor Ability | Aerobic Endurance | Aerobic Endurance | Aerobic Endurance | Aerobic Endurance |
| Position | Sitting W/WO Backrest | Sitting Wheelchair moving | Standing / Different position | Standing / Different position |
| Group Level | Easy / Moderate | Moderate | Easy / Moderate | Moderate / Hard |
| 5 | Fast Biceps W/WO Weights | Eights Endurance | Set of Animal Walks | Jumps with Close to Wide Squats |
| | https://www.youtube.com/watch?v=k150YzwYd00 | https://www.youtube.com/watch?v=tiFOZH-zCYY | https://www.mencap.org.uk/sites/default/files/2020-07/Walking%20activities.pdf | https://www.youtube.com/watch?v=m2arl_17nOo |
| 6 | Sholder-Back Holding | Quick Hands Ride | Set of Cartoon Games | One-Leg Elbows Plank |
| | https://www.youtube.com/watch?v=htMPmtpHR_g | https://youtu.be/tiFOZH-zCYY?t=1318 | https://www.nhs.uk/healthier-families/activities/ | https://www.youtube.com/watch?v=zKum9NM0VIU |

| Group Number | 301 | 302 | 303 | 304 |
|---------------|---|---|---|---|
| Motor Ability | Aerobic Endurance | Aerobic Endurance | Aerobic Endurance | Aerobic Endurance |
| Position | Sitting W/WO Backrest | Sitting Wheelchair moving | Standing / Different position | Standing / Different position |
| Group Level | Easy / Moderate | Moderate | Easy / Moderate | Moderate / Hard |
| 7 | Sholder-Back Holding, Level 2 | Kayak | Deaf Cardio Session Easy | Marching in Place |
| | https://www.youtube.com/watch?v=HL3dw0NMStE | https://youtu.be/bxQR_646q0U?t=670 | https://www.youtube.com/watch?v=Ti8KyQ1TLxE | https://youtu.be/0jNTxX_FK5c?t=77 |
| 8 | Arms Reach Endurance | Canoeing | Deaf Cardio Session Moderate | Side Steps |
| | https://youtu.be/tiFOZH-zCY?t=659 | https://youtu.be/bxQR_646q0U?t=1013 | https://www.youtube.com/watch?v=FE9ShO1ra24&list=PL6Z6S3um8HzCO1f6nvOO2_RONof8IYxV4 | https://youtu.be/0jNTxX_FK5c?t=109 |
| 9 | Arms Walking Back-Forward | Dancing Class With Stretch | Jumps L/R with the Chair | Wood Chop |
| | https://youtu.be/feO6Xw5Ute?t=135 | https://www.youtube.com/watch?v=OODn3wyCxJY | https://youtu.be/j0WplLFHOw0?t=587 | https://youtu.be/0jNTxX_FK5c?t=174 |

| Group Number | 301 | 302 | 303 | 304 |
|---------------|--|--|---|---|
| Motor Ability | Aerobic Endurance | Aerobic Endurance | Aerobic Endurance | Aerobic Endurance |
| Position | Sitting W/WO Backrest | Sitting Wheelchair moving | Standing / Different position | Standing / Different position |
| Group Level | Easy / Moderate | Moderate | Easy / Moderate | Moderate / Hard |
| 10 | Rope Climbing https://youtu.be/feO6Xw5UteE?t=258 | Circle Class Training with Stretch - Moderate https://www.youtube.com/watch?v=3L7to6gRHxc | Walking on All Fours https://youtu.be/qgaDxgnYNt4?t=866 | Jumps F/B with the Chair https://youtu.be/j0WplLFHOw0?t=497 |

| Group Number | 401 | 402 | 403 | 404 |
|--------------------|---|---|---|---|
| Motor Ability | Balance | Balance | Balance | Balance |
| Position | Sitting W/WO Backrest | Standing | Different | Standing |
| Group Level | Easy to Hard | Easy | Easy / Moderate | Moderate / Hard |
| Body Part Affected | Upper Body | Whole Body | Whole Body | Whole Body |
| Requisites / Help | No / Small Weights / Tennis Ball / Racket or something similar / Socks | No / Chair | No / Sticks / Chairs / Tennis Ball | No / Dumbbells |
| Exercise Number | Name / Link | Name / Link | Name / Link | Name / Link |
| 1 | Fly Arm Balance | Ankle Strategy Routine | Assisted One Lang Stand Chairs can be used instead of sticks | Single Leg Deadlift |
| | https://www.youtube.com/watch?v=IMNqSoYSBcc | https://youtu.be/BVZWiBkcads?t=165 | https://www.youtube.com/watch?v=XnCc-hxXdo8 | https://www.youtube.com/watch?v=fAwFZXabXV4 |
| 2 | AirPlane Balance | Hip Strategy Routine | Leg Walk on Elbows | Leg Swings To make it harder, release both hands |
| | https://youtu.be/yy_b15P4Ia0?t=123 | https://youtu.be/BVZWiBkcads?t=192 | https://youtu.be/0jNTxX_FK5c?t=712 | https://www.youtube.com/watch?v=3rLy05E7VHY |

| Group Number | 401 | 402 | 403 | 404 |
|---------------|---|---|---|---|
| Motor Ability | Balance | Balance | Balance | Balance |
| Position | Sitting W/WO Backrest | Standing | Different | Standing |
| Group Level | Easy to Hard | Easy | Easy / Moderate | Moderate / Hard |
| 3 | Elephant One-Arm Swings | Step Strategy Routine | Kneel Up&Down | Single Leg Dumbbell Pass |
| | https://youtu.be/noNGRWmkwPM?t=577 | https://youtu.be/BVZWiBkcds?t=209 | https://www.youtube.com/watch?v=4Rx345AO9x8 | https://www.youtube.com/watch?v=wRMW0J6n3SI |
| 4 | Bird Swings | SitUps And Walk | Calf Raise | One-Leg Elbows Plank |
| | https://youtu.be/noNGRWmkwPM?t=899 | https://www.youtube.com/shorts/qTSWwb29dls | https://www.youtube.com/watch?v=D0T4A_K_cxg | https://www.youtube.com/watch?v=zKum9NM0VIU |

| Group Number | 401 | 402 | 403 | 404 |
|---------------|---|---|---|---|
| Motor Ability | Balance | Balance | Balance | Balance |
| Position | Sitting W/WO Backrest | Standing | Different | Standing |
| Group Level | Easy to Hard | Easy | Easy / Moderate | Moderate / Hard |
| 5 | Hold The Racket Use anything with the similar size | Leg Clock | Hand To Foot | One-Leg Standing Swings Complex |
| | https://youtu.be/c6hwS7yh1ag?t=133 | https://youtu.be/ODTnlCCxS7s?t=247 | https://youtu.be/0jNTxX_FK5c?t=871 | https://youtu.be/D_jUIKwu-JE?t=249 |
| 6 | Tennis Ball Side Ball | One-Line Walking | Holding on Glutes | Supermen Holds |
| | https://youtu.be/qgaDxgnYNt4?t=765 | https://www.youtube.com/watch?v=zbGv0tW-2DY | https://www.youtube.com/watch?v=j0WpILFH0w0 | https://youtu.be/D_jUIKwu-JE?t=498 |
| 7 | One Arm Balance | Knee To Stand with Chair | Self-Soccer | |

| Group Number | 401 | 402 | 403 | 404 |
|---------------|---|---|---|-----------------|
| Motor Ability | Balance | Balance | Balance | Balance |
| Position | Sitting W/WO Backrest | Standing | Different | Standing |
| Group Level | Easy to Hard | Easy | Easy / Moderate | Moderate / Hard |
| 8 | https://youtu.be/c6hws7yh1ag?t=208 | https://youtu.be/ODTnlCCxS7s?t=145 | https://youtu.be/qgaDxgnYnt4?t=956 | |
| | One Arm Pancakes | Wall-Plank | Walking With One Arm Balancing The Object | |
| 9 | https://youtu.be/c6hws7yh1ag?t=294 | https://youtu.be/D_jUIKwu-JE?t=156 | https://www.mencap.org.uk/sites/default/files/2020-07/Blowup%20Ball%20Challenges.pdf | |
| | Gymnastik Ball Seated and, harder - Rotations | Star Lunge | Lying Balans Exericese Set | |
| 10 | https://youtu.be/BVZWiBkcads?t=249 | https://youtu.be/D_jUIKwu-JE?t=406 | https://www.youtube.com/watch?v=l68DaXPuyQ0 | |
| | | | Bridge | |
| | | | https://youtu.be/D_jUIKwu-JE?t=444 | |