



Home Based Tele-Exercise for People with Chronic Neurological Impairments

Currently Recruiting Participants

For more information, please
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All equipment will be provided.

- Heart rate monitor
- Blood pressure monitor
- Wrist weights

The seated exercise study will include:

- Adaptive Boxing
- Adaptive Power Posture
- Adaptive High-Intensity Interval Training (HIIT)

Who can participate?

- 18-75 years of age
- Diagnosis of a chronic neurological impairment (at least 6 months post injury)
- Ability to commit to 12-week program (3 times a week)
- Medically stable, no contraindications to exercise
- Access to high speed internet on a device with webcam
- Currently exercising two (2) days or less per week
- Can follow instructions in English

