

# The Miami Project to Cure Paralysis



## VIRTUAL SCI CIRCUIT TRAINING PROGRAM

CLASSES ARE HELD EVERY: MONDAY, WEDNESDAY, AND FRIDAY

11AM & 4PM

<https://miami.zoom.us/j/97906262368>

Password: sci

The Miami Project to Cure Paralysis has created an online SCI Circuit Training Program for anyone interested in exercising from home.

The one-hour sessions will be held twice a day (11am & 4pm) every Monday, Wednesday, and Friday via zoom meeting.

Our program is designed to help participants get the most out of their time, beginning with a 5-minute warmup, 40 minutes of strength & cardio exercise, and a 5-minute cool-down.

Come join us and workout at your own pace along with friends!

THE MIAMI PROJECT TO CURE PARALYSIS

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