

The Miami Project at Home Fitness Guide



UNIVERSITY OF MIAMI
MILLER SCHOOL
of MEDICINE

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I. Goals of the Circuit Resistance Training Program

The ultimate goal of this program is to achieve a level of fitness that promotes your health and wellness



Not to mention, participating in a fitness program can be fun!

II. Equipment to purchase/Product links

To get started you will need some equipment to be able to get in your best physical shape! Below are links to equipment you can purchase. You can also check with our Education Department for loaner equipment to trial.

Bodylastics Mega Bundle

<https://bodylastics.com/collections/all-products/products/bodylastics-mega-home-gym-workout-system>

Door Anchor

https://speedster.com/products/ultimate-door-anchor?variant=13143293558896¤cy=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&gclid=CjwKCAiAjeSABhAPEiwAqfxURXD5GA9s66YrYGzC5gw6UM00KUInBNgLXFM4D-Z8HjSm6Q_z31deRoCgg4QAvD_BwE

Resistance Bands Set

https://www.amazon.com/s?k=resistance+bands&i=sporting&crd=J98TXAWTY9RC&srefix=resist%2Csporting%2C171&ref=nb_sb_ss_ts-a-p_1_6

Dumbbells

https://www.amazon.com/s?k=dumbbells&i=sporting&crd=3L9VNOPB7437&srefix=dumb%2Csporting%2C171&ref=nb_sb_ss_ts-a-p_1_4

Wrist Straps

https://www.amazon.com/s?k=ankle+straps&i=sporting&ref=nb_sb_noss_1



III. Components to Circuit Resistance Training

To complete this Circuit Resistance Training at home, (depending on your level of function), you will be completing various weight lifting exercises utilizing a resistance band system that works on a standard door-frame and/or dumbbells.

The Circuit Resistance Training program is made up of the following exercises:

For Quadriplegics

Bicep curls Pg. 6	Overhead press Pg. 7	Horizontal Rows Pg. 8
Latissimus Pull Downs Pg. 9	Dips Pg. 10	Vertical Butterflies Pg.11

For Paraplegics

Bicep curls Pg. 13	Shoulder Retraction Pg. 14	Horizontal Rows Pg. 15
Latissimus Pull Downs Pg. 16	Internal Rotation Pg. 17	External Rotation Pg. 18
	Butterflies Pg.19	

Completing Dynamic Stretching:

1. Start your workout by stretching and/or performing arm circles in each direction (front and back). Spend at least 5 minutes doing this to warm up.
2. Complete 3 sets of each of the lifts listed above. If you are doing a lift where you work one arm at a time, you do not have to rest in between sets. If you are doing a lift where you work both arms at one time, rest for 20-25 seconds in between each set.
3. Finish your workout by completing 10 more minutes of arm circles and/or shadow boxing.

IV. Guide to At-Home Circuit Resistance Training: Paraplegics

Bicep Curls



Use dumbbells. If no dumbbells, you can use bands (see page #13)

Your position: Sitting upright in wheelchair, backed up against the door/wall.

Movement: Lift one arm at a time. The weight is to be placed in a position that is most comfortable while allowing you to work along the entire range of motion of your arm. One option is to lean your elbow on one knee.

Holding the dumbbell in one hand and starting with the elbow flexed to 90 degrees, lower your arm down so that your elbow is almost fully extended, with a slight bend. Then, pull the weight back up so that your elbow is flexed to 90 degrees.

Muscles exercised: Biceps brachii, brachialis, brachioradialis

Sets to complete: 3

Reps in each set: 10-12. If you can do more than 15 reps, increase the weight/resistance.

IV. Guide to At-Home Circuit Resistance Training: Paraplegics

Overhead Press



Use dumbbells. If no dumbbells, you can use bands.

Your position: Sitting upright in wheelchair, backed up against the door/wall

Movement: One arm at a time, or both.

Lift the dumbbell to shoulder height with the palm of your hand facing forward. Push up, extending your arm until your elbow is fully extended (if using both arms, you want the dumbbells to almost touch). Then, carefully lower down the dumbbell to shoulder height.

Muscles worked: Anterior deltoids, medial deltoids, posterior deltoids, triceps, trapezius, and supraspinatus.

Sets: 3

Reps: 10-12. If you can do more than 15 reps, increase the weight/ resistance.

IV. Guide to At-Home Circuit Resistance Training: Paraplegics

Horizontal Rows



Band location: Shoulder height

Your position: Facing the door, far enough away so that your arm is straightened and slack is removed from the band.

Movement: One arm at a time.

Pull the resistance band toward your chest with your elbow moving outward (like a chicken wing). Then, carefully return to your neutral starting position.

Muscles worked: Posterior deltoid, infraspinatus, teres major, trapezius, rhomboids, and biceps.

Sets: 3

Reps: 10-12. If you can do more than 15 reps, increase the weight/ resistance.

IV. Guide to At-Home Circuit Resistance Training: Paraplegics

Latissimus Pull Downs



Band location: Top of the door

Your position: Centered facing the door, at a distance so that your arm is straightened and slack is removed from the band.

Movement: One arm at a time.

Pull the resistance band toward your chest while keeping your elbow in at the side of your body. Then, carefully return your arm to your neutral starting position.

Muscles worked: Latissimus dorsi, trapezius, rhomboids, deltoids, biceps, triceps, flexors, serratus anterior.

Sets: 3

Reps: 10-12. If you can do more than 15 reps, increase the weight/ resistance.

IV. Guide to At-Home Circuit Resistance Training: Paraplegics

Dips



Band location: Top of the door; left side when working the right arm, right side when working the left arm

Your position: Centered with your back facing the door, at a distance where your arm is far back with your elbow bent and there is no slack in the resistance band.

Movement: One arm at a time.

Push the resistance band down and out across the wheel of your wheelchair, straightening your elbow. Then exhale and carefully return your arm to your neutral starting position.

Muscles worked: Triceps, anterior deltoid, medial deltoid, pectorals.

Sets: 3

Reps: 10-12. If you can do more than 15 reps, increase the weight/ resistance.

IV. Guide to At-Home Circuit Resistance Training: Paraplegics

Vertical Butterflies



Band location: Shoulder height

Your position: You should be parallel to the door with the arm you will be working closest to the door. You should be at a distance away from the door so that you can fully extend the arm you are working toward the door with little slack in the resistance band.

Movement: One arm at a time.

Keeping your elbow straight in the arm you are working, bring your arm toward the mid-line of your body. Exhale while carefully returning your arm to your neutral starting position.

Muscles worked: Pectoralis major

Sets: 3

Reps: 10-12. If you can do more than 15 reps, increase the weight/ resistance.

V. Guide to At-Home Circuit Resistance Training: Quadriplegics

Quick Notes:



If you have a cervical injury (C5-T1), you may need special hooks and straps to assist you with completing the circuit. You will be completing different exercises to target key muscle groups. Please refer to the [Equipment to Purchase](#) page for adaptive gear.

IV. Guide to At-Home Circuit Resistance Training: Paraplegics

Bicep Curls



Band location: Bottom of the door, left and right side

Your position: Sitting upright in wheelchair, backed up against the door/wall.

Modification: Use Velcro hooks with the hook positioned on the top of the wrist/active hands with dumbbells in hand.

Movement: Start with your elbow bent to 90 degrees and your palm facing up.

Slowly lower your arm down so that your elbow is almost fully extended, with a slight bend. Then, pull your arm back up to your starting position.

Muscles exercised: Biceps brachii, brachialis, brachioradialis

Sets to complete: 3

Reps in each set: 10-12. If you can do more than 15 reps, increase the weight/resistance.

V. Guide to At-Home Circuit Resistance Training: Quadriplegics

Shoulder Retraction



Band location: Middle of door, left and right side

Your position: Sitting upright in wheelchair facing the door/wall.

Modification: Use Velcro hooks with the hook positioned on the bottom of the wrist.

Movement: Start with your arm extended. Bring your shoulder blade in toward the midline of your body. Then return to your starting position.

Muscles exercised: Rhomboids, Trapezius

Sets to complete: 3

Reps in each set: 10-12. If you can do more than 15 reps, increase the weight/resistance.

IV. Guide to At-Home Circuit Resistance Training: Paraplegics

Horizontal Rows



Band location: Middle of door, left and right side

Your position: Sitting upright in wheelchair facing the door/wall.

Modification: Use Velcro hooks with the hook positioned on the bottom of the wrist.

Movement: Start with your arm extended. Bring elbow back and out to the side (like a chicken wing), squeezing your shoulder blade. Return to your starting position.

Muscles exercised: Trapezius, rhomboids, latissimus dorsi, teres major

Sets to complete: 3

Reps in each set: 10-12. If you can do more than 15 reps, increase the weight/resistance.

V. Guide to At-Home Circuit Resistance Training: Quadriplegics

Latissimus Pull Downs



Band location: Middle of door, left and right side

Your position: Sitting upright in wheelchair facing the door/wall.

Modification: Use red nylon straps wrapped above the elbow.

Movement: Start with your arm extended. Pull the resistance band toward your chest while keeping your elbow in at the side of your body. Then, carefully return your arm to your neutral starting position.

Muscles exercised: Trapezius, rhomboids, latissimus dorsi, teres major

Sets to complete: 3

Reps in each set: 10-12. If you can do more than 15 reps, increase the weight/resistance.

IV. Guide to At-Home Circuit Resistance Training: Paraplegics

Internal Rotation



Band location: Middle of door, left and right side

Your position: Sitting upright in wheelchair parallel to the door with selected arm closest to the door.

Modification: Use Velcro hooks with the hook positioned on the top of the wrist.

Movement: Start with your elbow bent to 90 degrees and pressed to the side of your body. Pull the resistance band inward across your body with your forearm facing your chest. Then, carefully return your arm to your neutral starting position.

Muscles exercised: Subscapularis, teres major, latissimus dorsi (rotator cuff)

Sets to complete: 3

Reps in each set: 10-12. If you can do more than 15 reps, increase the weight/resistance.

V. Guide to At-Home Circuit Resistance Training: Quadriplegics

External Rotation



Band location: Middle of door, left and right side

Your position: Sitting upright in wheelchair parallel to the door with selected arm away from the door.

Modification: Use Velcro hooks with the hook positioned on the bottom of the wrist.

Movement: Start with your elbow bent to 90 degrees and pressed to the side of your body. Pull the resistance band outward away from your body. Then, carefully return your arm to your neutral starting position.

Muscles exercised: Infraspinatus, teres minor, posterior deltoid

Sets to complete: 3

Reps in each set: 10-12. If you can do more than 15 reps, increase the weight/resistance.

IV. Guide to At-Home Circuit Resistance Training: Paraplegics

Butterflies



Band location: Middle of door, left and right side

Your position: Sitting upright in wheelchair with selected arm close to the door.

Modification: Use Velcro hooks with the hook positioned on the top of the wrist.

Movement: Keeping your elbow straight in the arm you are working, bring your arm toward the midline of your body. Exhale while carefully returning your arm to your neutral starting position.

Muscles exercised: Infraspinatus, teres minor, posterior deltoid

Sets to complete: 3

Reps in each set: 10-12. If you can do more than 15 reps, increase the weight/resistance.

VI. Tracking Your Progress at Home

Date: _____
Week #: _____

Time in: _____
Session #: ____/3

Time out: _____

Cycle: 10 minutes (moderate effort)		Completed:		Yes	No
Lat pulldowns (bands)	Weight	Band combination	Reps	Notes	
1					
2					
3					
Overhead press (dumbbell)					
1					
2					
3					
Horizontal row (bands)					
1					
2					
3					
Tricep pressdown (bands)					
1					
2					
3					
Butterfly (bands)					
1					
2					
3					
Bicep curl (dumbbell)					
1					
2					
3					
Cycle: 10 minutes (moderate effort)		Completed:		Yes	No

Above is a completion log that you can use to track your progress as you workout. Complete this log after each and every workout that you finish.
You can do Circuit Resistance Training at home 3-5 days a week.

VII. YOU DID IT!!

You completed the At-Home Circuit Resistance Training Program and you should be super proud of yourself! If you have any questions about this program, please feel free to contact the Education Department at 305-243-7108 or by email at mpinfo@med.miami.edu

Thank you for downloading this exercise guide. We hope you enjoyed this program!

