



# BODY & MOVEMENT



Participating in physical and gross motor activities is one way to keep yourself healthy! Many exercises can be done inside even if there is not much space or you do not have any equipment.

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## EXERCISE VIDEOS:

One way to learn how to exercise is to watch others exercising using video-models. Remember when exercising, you want to have correct form. There are several options to find videos which demonstrate how to do exercises.



### **Exercise Buddy**

This app - available for a 14-day free trial on the Apple App Store and Google Play - is designed to teach people with autism and developmental disabilities how to exercise. It includes many features that are particularly helpful for people with disabilities (e.g. video models, first/then schedules).

Other free online workout videos (not specifically designed for people with disabilities):

- **Fitness Blender**
- **Yoga with Adriene**

## TASK ANALYSIS

In addition to watching the videos, another way to ensure your form is correct is to create and review the task analyses showing how to do different exercise.



### **Tasks Analysis for Floor Crunches:**

1. Lay on back with hands behind head
2. Crunch up so shoulder blades come off floor
3. Keep eyes to the ceiling

### **Task Analysis for Knee Push-Up:**

1. Start with hands and knees on ground
2. Flatten back to engage core muscles
3. Bring feet off ground and cross ankles
4. Lower down chest down by bending elbows
5. Push up by straightening arms

### **Task Analysis for Dumbbell Press on Floor:**

1. Lay on ground with knees bent
2. Take dumbbells from spotter
3. Press over head above chest slowly
4. Control on the way down

### **Task Analysis for Cross Over March:**

1. Stand up tall and engage core
2. Lift one leg touching opposite hand to knee
3. Put that foot down and shift weight
4. Lift other leg and touch other hand to knee
5. Continue to repeat

### **Task Analysis for Squat:**

1. Place feet shoulder-width apart with toes pointed forward
2. Good posture -Stand up tall, shoulders back, draw your tummy in, eyes forward
3. Extend arms straight out in front of you
4. Bend knees to squat down until hips get to slightly above knee level or lower
5. Keep eyes forward, back flat, and hips back.
6. Stand up Straight