6-WEEK WHEELCHAIR TRAINING PLAN

INSTRUCTIONS:
For every number listed on the calendar, wheel that many minutes that day. For Fit5 days, do the corresponding level for strength, endurance, and balance. On rest days, try to do some active recovery like stretching or yoga.

DON'T FORGET:
- Start each workout with an active warm up.
- End each workout with a cool down stretch.
- Drink water before, during, and after your workout.