

Weight Room Equipment & Materials

Equipment and materials, which can be included in this activity:

- Weight room equipment
- Tape recorder and music for background music if permitted
- Fan if needed during really hot weather
- AbleNet Powerlink for tape recorder or fan
- Step-by-Step Communicator for comments and questions to peers
- Switch (e.g., spec switch, jelly bean switch, lever switch, etc.) to run the “spinner” as required
- Adapted equipment as recommended by your local Occupational Therapist or Physiotherapist (e.g., air splints, adapted cuffs, splints, etc.)