



ENERGYM®

A custom designed circuit training program to promote health and develop aerobic functioning, balance, coordination, and overall body strength.



It should come as no surprise that exercise is crucial to a human being's sense of vitality. But the importance of energy regulation is often overlooked when it comes to people with the most significant needs, even as new brain research continues to lengthen the list of benefits. The ENERGYM® program is based on this research, which shows that exercise enhances self-regulation, helping us focus on new tasks and information and fueling the brain growth that makes it easier to remember all of the new things we learn. In addition to strengthening the brain and body, exercise also protects us from the stressors that negatively impact the body. Exercise regulates metabolism and spares us from carrying unnecessary weight; it boosts the immune system so it can fend off sickness faster; and it primes the body to sleep more peacefully at the end of each day.

TCFD OUTCOMES

This activity is aimed at helping individuals excel in the following categories:

- Energy Regulation
- Motor Skills
- Emotional Regulation

SETTING UP ENERGYM®

1 Set up a circuit of exercise stations geared towards the ABC's of Energym: Aerobic, Balance, Core Strength, and General Strength.

2 Set a timer for two minutes. As participants strength and endurance improves, the time interval will increase with the expectation to build up to five minutes of participation at each station.

3 When the time is up, direct the participant to the next station. Visuals such as arrows on the floor can enable independent movement to the next station.

THINGS TO CONSIDER

Participants

Number of participants?

Only one participant at each station at a time.

Number of coaches?

Consider how much support each participant will need at each station. If participants outnumber coaches, pair them up and ask them to take turns so that the coach can focus on each person's form and protect them from injury. Or mix in simple stations that can be run independently in order to save the coaches for the more challenging stations.

A Adaptations

- Showing pictures or short videos of each exercise can remind participants of the expected behavior at each station and enable them to do the work independently.
- Use timers or visual countdown strips to show how much time or repetitions are left at a station.
- Choose the amount of time for each station to set up participants for success. If the participant is new to exercising, start with 30 seconds and slowly increase the time during each session, building up to 1, 2, and 5 minutes. Participants may require short 5-10 seconds breaks during the exercise but should be encouraged to continue after they have rested.
- Modify workouts to test each person's strength and honor their needs.
- For example: If a participant has poor balance or coordination, provide handheld or trunk support as they learn the exercise. If a participant uses a wheelchair, consider adapting all exercises to be done in a seated position or on a mat. If someone is excelling at the exercises, intensify them by increasing the time, adding weight, or complexity.

MATERIALS CHECKLIST

ENERGYM® Equipment

- | | |
|---|--|
| <input type="checkbox"/> Aerobic Step | <input type="checkbox"/> Resistance Band |
| <input type="checkbox"/> BOSU Ball | <input type="checkbox"/> Soft Weights of 1-5lbs (or weight bar 1-5lbs) |
| <input type="checkbox"/> Bounce disc | <input type="checkbox"/> Weighted Cube or Crate |
| <input type="checkbox"/> Balance Beam or Tape Line on the Floor | <input type="checkbox"/> 30-36 inch Physio Exercise Ball |
| <input type="checkbox"/> Exercise Mats | |

SAFETY

- Coordinate with behavioral and physical therapists to develop a list of movement goals for each participant.
- Only lift weight you can handle. If something feels too heavy to move, don't risk an injury – just ask for help.
- Weights can drop, balls can roll, people can stumble – pay attention to the activity around you.
- Wipe down all equipment afterwards.



ENERGYM® STATIONS



Aerobic

Burpee

Start by standing tall. Lower into a squat position. Place your hands on the floor in front of you. Kick your feet back into a push up position and immediately drop your chest to the ground. Push your upper body off of the ground and bring your feet back to the squat position as fast as possible. Immediately jump into the air as high as you can. Repeat.

Bounce Disk

Stand on top of the bounce disk and jump. An alternative to the trampoline, the Bounce Disk has a rigid wooden base that offers more stability and sensory input.

Jumping Jacks

Stand with your feet together and your arms at your sides. Jump your legs apart as you clap your hands above your head. Snap your arms and legs together again to return to the starting position.

Step Bench

Stand in front of a step. Step up with right leg (this will be your lead leg). Bring your left leg up to meet the right. Bring your right leg back down to floor, followed by the left. Repeat for one minute, then begin again with the left leg as the lead leg.



Balance

Balance Beam / Tape Line

Walk forward, backward, or sideways on a balance beam or tape line.

- A** To make this exercise more challenging, toss bean bags at a target while balancing or place an obstacle on the beam and encourage participant to step over it.

BOSU Ball

Challenge participants' balance by asking them to perform exercises on a BOSU Ball rather than the floor.

Standing Balance

Place one foot on top of the dome, then the other. Stand in the center. Hold arms out to sides like an airplane. Hold the position before releasing.

- A** If this move is too challenging, coaches can assist by holding one or both of the participants' hands. Challenge participants by asking them to make arm circles, stand on one foot, or alternate between touching their head, shoulders, and knees while they balance.

Marching

March in place while standing on the BOSU.

Squats

Begin by standing on the BOSU. Bend your knees and stick your bottom out behind you as if you were going to sit back in a chair. Keep your arms extended in front of you to maintain balance.



Core Work

Crunches

Lie on your back. Position your feet on the floor about hip-width apart. Cross your hands over your chest. Pull your abs towards your spine as you curl up and forward until your shoulder blades lift off of the mat. Lie back down, and repeat.

Abdominal Hip Thrusts/Bridging

Lay on your back. Lift your hips off the ground to make a straight line from your shoulders to your knees. Slowly lower your hips back down to the ground. Repeat

Alternating Arm Raises

Start on hands and knees with back and arms straight, keep head up, lift one arm up to shoulder level reaching straight out in front, hold for 1-3 seconds and slowly return to starting position. Lift opposite arm up and hold.

- A** To encourage participant to reach their arm forward, hold up a target for them to touch or ask for a High-five. To challenge participants further, include alternating lifting of each leg or lifting an arm and leg together.

Push Ups

Start in a plank position, hands shoulder-width apart. Bend your arms to lower your chest to the ground. Then press up to the starting position.

- A** If plank position is too challenging, start with knees on the mat. Participants can also use the physio exercise ball by placing it under torso and stretching feet and legs out straight behind you in a modified plank position. Roll forward so the ball is under your hips. Slowly lower trunk towards the mat, keeping body straight, pause then push body up again.



Strength

Cube Carry

Squat down and pick up a weighted cube or a milk crate with a weight in it. Carry the cube 20 steps and place it on the floor. Repeat.

Fitness Ball

Squat with the Ball

Place the fitness ball between the wall and curve of your lower back. Place your feet shoulder-width apart. Bend your knees to form a 90-degree angle with your thighs parallel to the floor. Hold for 1-3 seconds.

Roll the Ball on the Wall

Place the ball on the wall above your head. Keeping your arms straight and the ball at the same height, roll the ball along the wall until you reach your stopping point. Then reverse the direction.

- A** Instead of just rolling the ball back and forth, consider "drawing" different shapes with the ball: letters, numbers, a figure eight symbol etc.

Hand Held Weights

Bicep Curls

Hold the dumbbells at your side, one in each hand. Make sure your thumbs curl around the grip. Bend your elbows and slowly bring both dumbbells to your chest. Lower to the starting position, and repeat.

Anterior Deltoid Raises

Hold dumbbells on the fronts of your thighs. With elbows slightly bent, lift upward to the side until dumbbells are at shoulder level. Lower and repeat.

Shrugs

Hold the dumbbells alongside your thighs. Raise your shoulders towards your ears as high as they will go. Then lower and repeat.