

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 12

Be a pirate today!

Explore the world of pirates with LimbPower's free exercise videos on YouTube.

Your challenge today is to pick a pirate workout video, complete it, and share your experience!

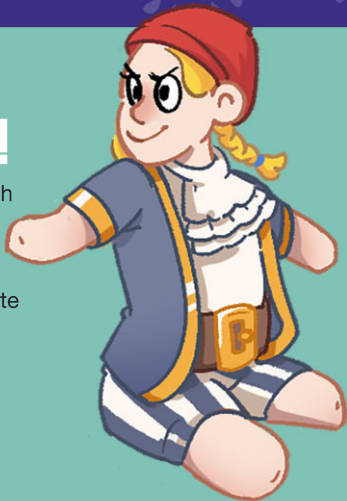
Adaptations:

Upper Limb Difference:

Use your prosthetic or remaining hand for exercises that require arm movements. Modify movements to suit your abilities.

Lower Limb Difference:

Perform the exercises standing with wearing your prosthetic/s on or seated if standing is difficult. Use a wheelchair to engage in a full-body workout.



This challenge helps with strength and movement while having fun with your pirate adventure!

Give yourself a pirate name and tell us what it is.

If you can't complete these activities, contact us for adaptations.

www.limbpower.com