


FITNESS MADE FOR YOU

SEATED ADAPTIVE STRENGTH

WITH LOGAN



PROGRAM · 1 WEEK

Seated Adaptive Strength


In collaboration with the Christopher & Dana Reeve Foundation, Logan invites you to discover your physical & mental strength in this program for wheelchair users living with spinal cord injury or other causes of paralysis.

1
week

6
days/week

10
classes

10-25
mins per day



Logan
Aldridge

START PROGRAM

ANTHONY CUNANAN

WWW.ANTHONYCUNANAN.COM
ANTHONY@ANTHONYCUNANAN.COM