



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

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