The seated exercise study will include:

• Adaptive Boxing
• Adaptive Power Posture
• Adaptive High-Intensity Interval Training (HIIT)

Who can participate?

• 18-75 years of age
• Diagnosis of a chronic neurological impairment (at least 6 months post injury)
• Ability to commit to 12-week program (3 times a week)
• Medically stable, no contraindications to exercise
• Access to high speed internet on a device with webcam
• Currently exercising two (2) days or less per week
• Can follow instructions in English

All equipment will be provided.
- Heart rate monitor
- Blood pressure monitor
- Wrist weights

Currently Recruiting Participants

For more information, please contact:
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