



# **Zero Assistance Resistance Training: 100% wheelchair-based workout program**

*Dan Highcock*

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NEED AN EFFECTIVE CHAIR-BASED WORKOUT? DISCOVER HOW TO BOOST YOUR STRENGTH, STAMINA AND INDEPENDENCE Hiring a trainer for every gym session is a luxury many can't afford. Finding friends who can commit to four training sessions a week is difficult. What's more, if you're fiercely independent like Paralympian and professional athlete Dan Highcock – you want to be able to do things with zero assistance anyway! This 12-week fitness program works your whole upper body and cardiovascular system using dumbbells, plates, adjustable cable racks and resistance bands – in your chair, independently. The ZART program • boosts your independence and fitness • raises your metabolism to promote fat loss • improves your cardiovascular health • increases you hand speed (ideal for wheelchair sports) • boosts your body's ability to adapt and repair itself plus avoid injury • offers nutrition and supplement advice • includes 12 workout plans to keep things varied and interesting • provides detailed step-by-step exercise descriptions with photos Dan has thoroughly tested this workout himself and with his students to make sure it is safe and effective for you. "As a full-time wheelchair user and qualified fitness instructor, I highly recommend buying this book. It's such a benefit to anyone in a chair that needs more strength, mobility, fitness and independence." Edward Joseph Molloy, PT Dan Highcock was injured in a motorbike accident at the age of five. Undeterred, his 'can-do' mindset has led him to become a Paralympic wheelchair basketball player and online personal trainer and nutrition coach

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