

## **Exercise Training Recommendations: Working With Individuals With Intellectual Disabilities**

Duplanty, A., Vingren, J., & Keller, J. (2014). Exercise Training Recommendations: Working With Individuals With Intellectual Disabilities. *Strength and Conditioning Journal*, 36(2), 29-31.

<https://doi.org/10.1519/SSC.0000000000000040>

### **Abstract**

Persons with intellectual disability can benefit from a multimodal approach to physical activity by incorporating cardiorespiratory, resistance training, flexibility, and neuromotor exercises into each week's sessions. Exercises should be adaptable and modified to accommodate an individual's moods, behaviors, and levels of engagement on a session-to-session basis.