

ADAPTED EXERCISES WEBSITE



Steps to browse, purchase, and watch
classes



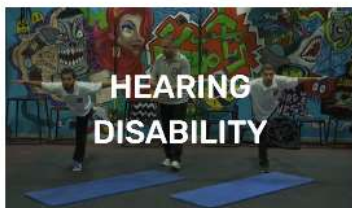
STEP 1: Visit www.adaptedexercises.com



STEP 2: Scroll down to **ALL CLASSES** and select the audio language:

ALL CLASSES

- English
- عربي
- Española
- Française
- русский
- 中文



STEP 3: Click on the name of disability you want to see classes for. You will be taken to a page where you can find all classes related to the selected disability:


Adapted Exercises Home Catalog Terms & Conditions Sign In

Empowerment and Sport Rehabilitation for Persons with Autism


Empowerment and Sport Rehabilitation for Persons with Autism

Filters Search...


Language Disability



Empowerment and Sport Rehabilitation for Persons with Autism Promo



1. Warm-up and Physical Power Exercises for Persons with Autism




2. Physical Exercises Using Equipment for Persons with Autism

Note: For every group of classes (related to one disability) there is a [free short preview \(promo\)](#) that you can watch before purchasing, to get an idea of what exercises are included

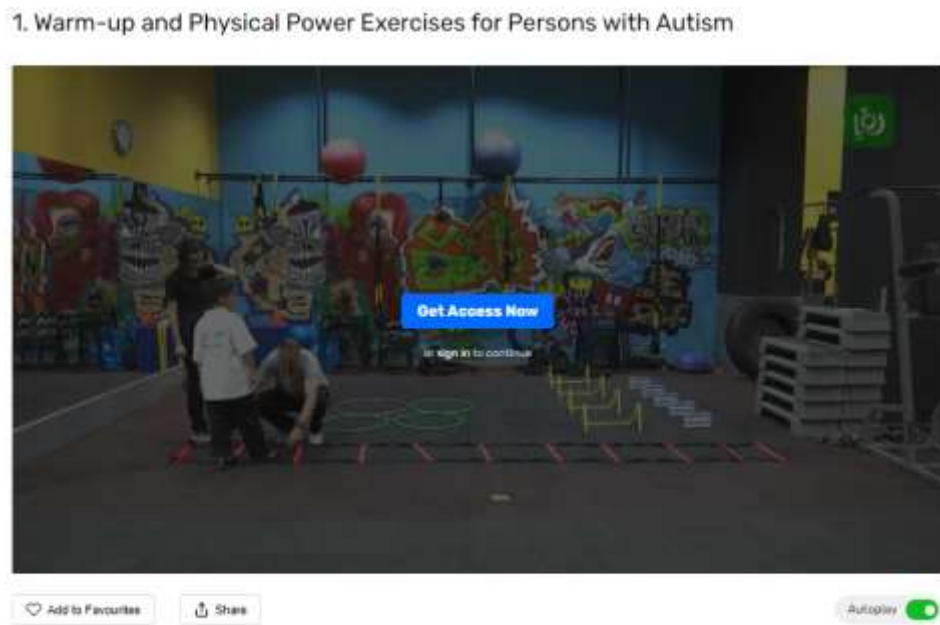
Adapted Exercises Home Catalog Terms & Conditions Sign In

Empowerment and Sport Rehabilitation for Persons with Physical Disability Promo

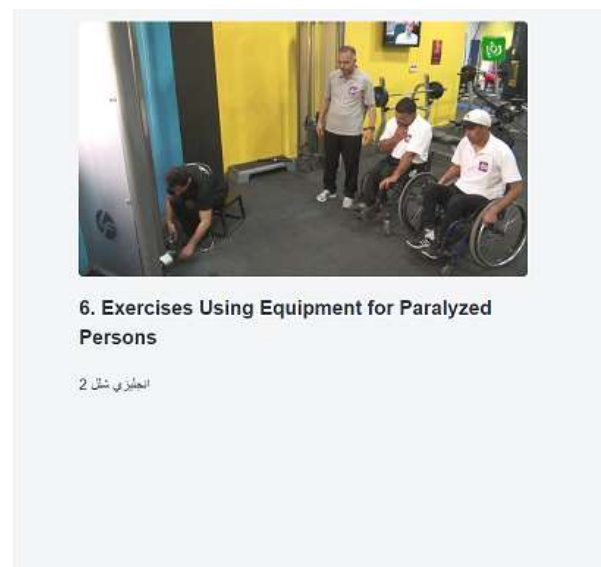
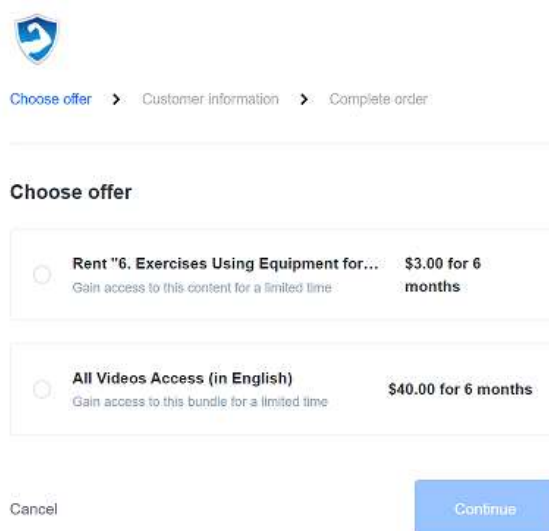


Add to Favorites Share Autoplay

STEP 4: Click on a class video to purchase and watch. When a class is selected, the video player is displayed with a **Get Access Now** button



STEP 5: Click on **Get Access Now** to open the purchasing page. Select the purchasing option from the **Choose offer** section, and click **Continue** to proceed to the Sign Up page



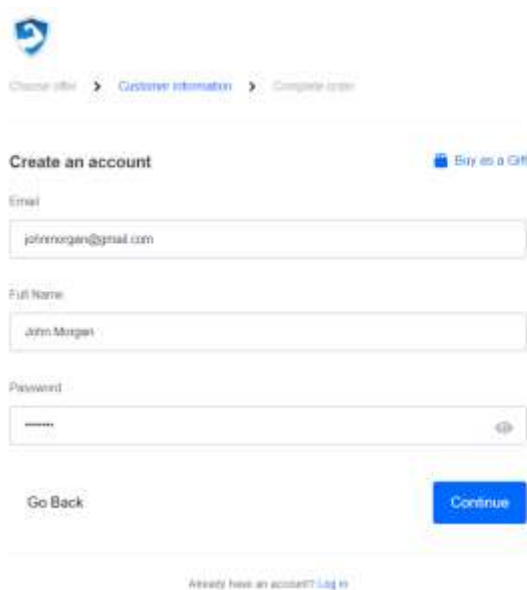
Purchasing access to all classes

You have the option to purchase full access to all classes (all adapted exercises for all disabilities) by selecting the option to purchase All Videos in the **Choose Offer** page.

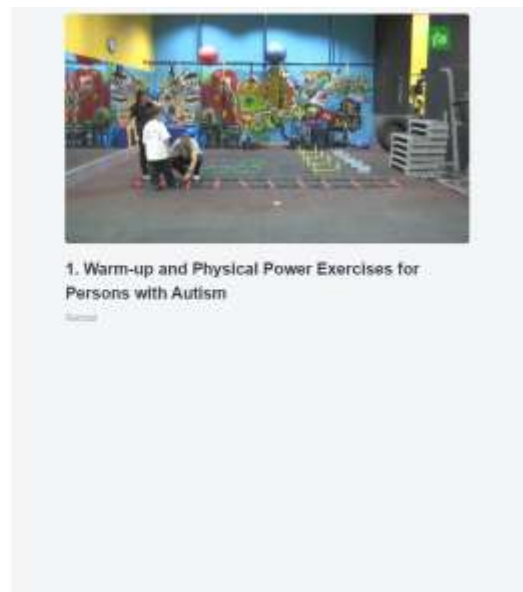
By selecting this option, you will get a **33% discount**, and the total price for all 20 classes will be \$40 instead of \$60.

The package contains all classes in one selected language.

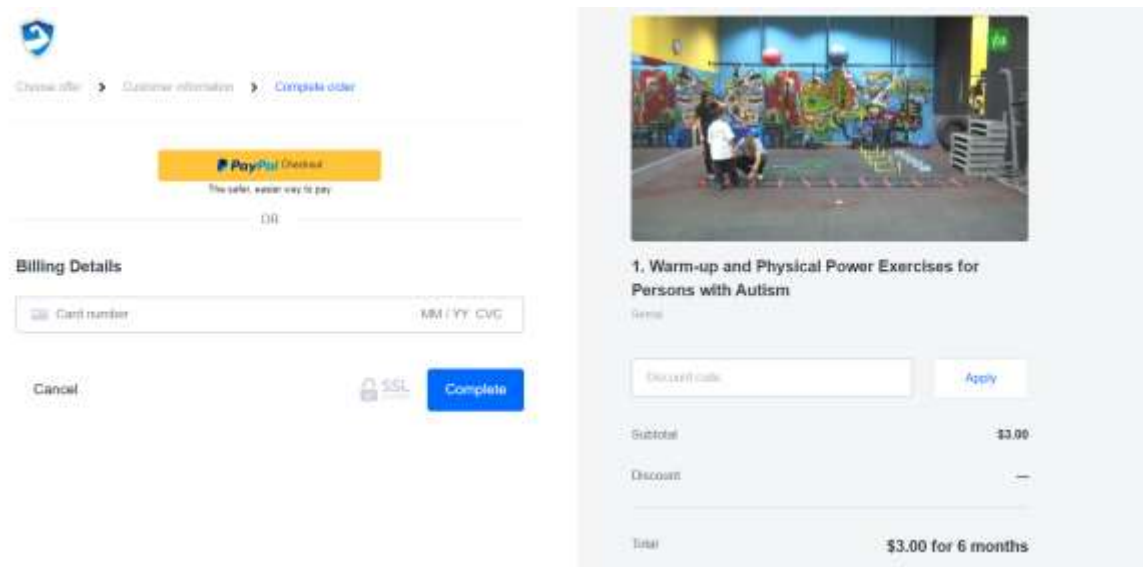
STEP 6: In the **Customer Information** page, enter your email, name, and password, and click **Continue** to proceed to the payment page



The screenshot shows the 'Create an account' form on the 'Customer Information' page. The form includes fields for Email, Full Name, and Password. The Email field contains 'johnnorgan@gmail.com', the Full Name field contains 'John Morgan', and the Password field is masked with dots. There are 'Go Back' and 'Continue' buttons at the bottom. A 'Buy as a Gift' link is visible next to the 'Create an account' heading. At the bottom, there is a link for 'Already have an account? Log in'.

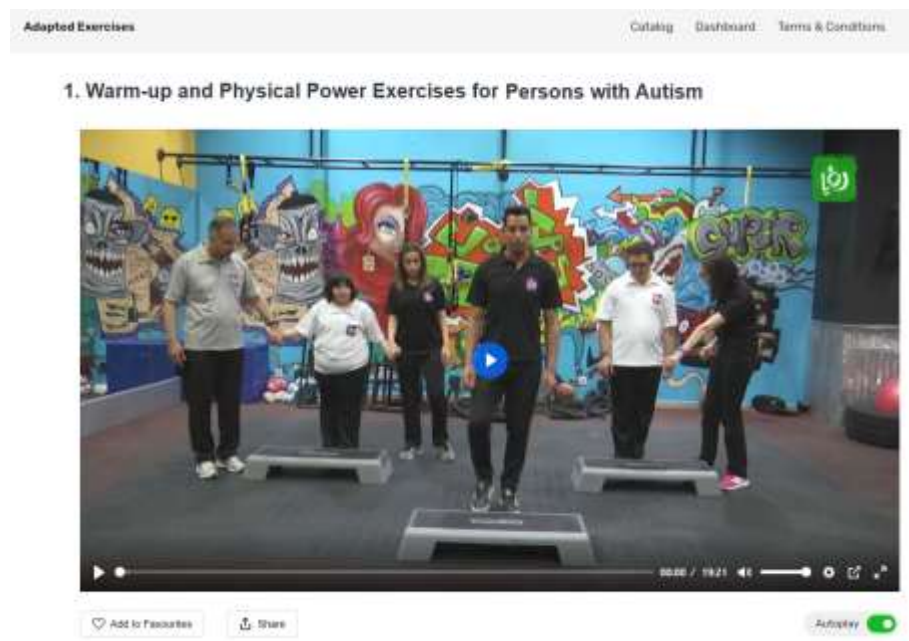


STEP 7: In the **Complete Order** page, choose to pay with PayPal or with credit card. Enter the card information and click **Complete**



The screenshot displays the 'Complete Order' page. At the top, there are navigation links: 'Choose offer', 'Customer information', and 'Complete order'. Below these, a yellow 'PayPal Checkout' button is visible, with the text 'The safer, easier way to pay' underneath. A 'Billing Details' section contains a 'Card number' field and a 'MM / YY CVC' field. A 'Cancel' button is on the left, and a blue 'Complete' button is on the right. To the right of the payment section, there is a video thumbnail showing a group of people in a colorful room. Below the thumbnail, the title '1. Warm-up and Physical Power Exercises for Persons with Autism' is displayed. A 'Discount code' field with an 'Apply' button is present. A summary table shows: Subtotal: \$3.00, Discount: —, and Total: \$3.00 for 6 months.

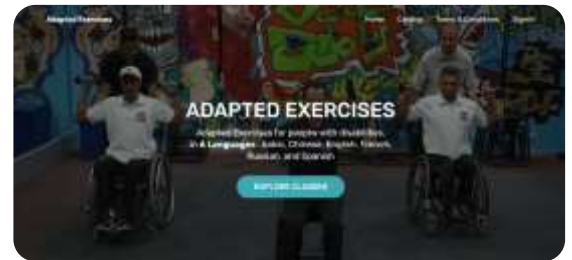
STEP 8: The purchase process is completed. Video will start playing



Steps for users returning to the website after purchasing (future visits)

When a class is purchased, you can view it with no limits for a duration of six months. To get back to a purchases class:

STEP 1: Visit www.adaptedexercises.com



STEP 2: Click **Sign in** from the top menu, you will need to provide your email and password to sign in:

A screenshot of the login form. At the top left is a small blue shield logo. Below it, the word 'Email' is followed by a text input field containing the email address 'johnnorgan@gmail.com'. Below that, the word 'Password' is followed by a text input field with masked characters (dots) and a small eye icon to toggle visibility. At the bottom left is a link that says 'Forgot Password?'. At the bottom right is a blue button labeled 'Log in'.

STEP 3: Once signed in, you will find all of the classes that you have already purchases in the **My Library** Section:



My Library

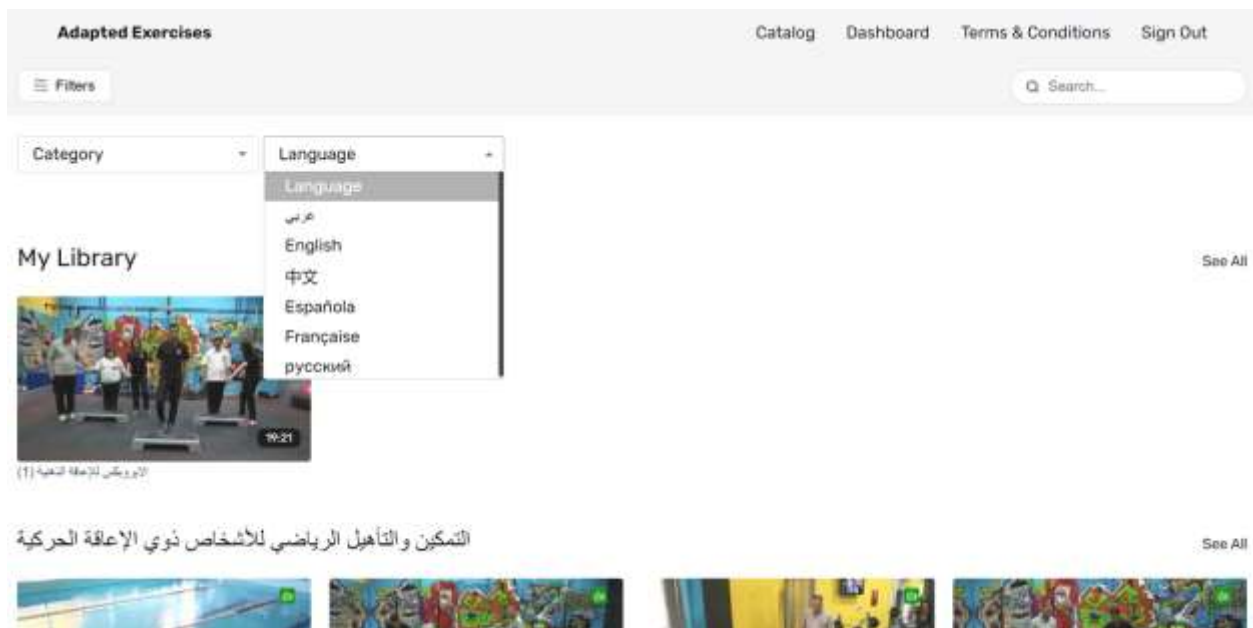


الايروبكس للإعاقاة الذهنية (1)

How to browse the Catalog and filter content by language?

All classes in all supported languages can be found in the **Catalog** page.

To show the classes for a certain language, click the **Filter** button at the top, and then choose the language from the **Language** list:



Now all classes in the selected language will be displayed. You can still filter the content to show the classes related to a certain disability by selecting the disability from the **Category** field:

[X Clear Filters](#)

Q Search...

Category

Persons with Physical Disability

Empowerment and Sport Rehabilitation for Persons with Attention Deficit Hyperactivity Disorders

Empowerment and Sport Rehabilitation for Persons with

English



00:34

Empowerment and Sport Rehabilitation for Persons with Physical Disability Promo



00:26

Empowerment and Sport Rehabilitation for Persons with Visual Disability Promo



00:25

Empowerment and Sport Rehabilitation for Persons with Attention Deficit Hyperactivity Disorders Promo



00:26

Empowerment and Sport Rehabilitation for Persons with Autism Promo



00:25

Empowerment and Sport Rehabilitation for Persons with Intellectual Disability Promo



00:24

Empowerment and Sport Rehabilitation for Persons with Learning Disability Promo



00:26

Empowerment and Sport Rehabilitation for Persons with Hearing Disability Promo



21:15

9 Aqua-aerobic Rehabilitation Exercises for Paraplegia-Persons

