**Luther Frost-Barnes Transcript**

Audio Description: A young man with dark hair and glasses, Luther, is riding his mobile scooter down the footpath towards his open garage. The garage is filled with gym equipment, including a stationary bike, free weights, and large balance balls. Luther reverses the mobile scooter into its parking spot.

**Luther:** I own my own home, here in Busselton. I’ve been here for a few years.

Audio Description: Luther, now in a manual wheelchair, wheels through various rooms including his bedroom which has colourful artwork. He enters the kitchen.

**Luther:** It has everything I want. My own home gym, the swimming pool.

Audio Description: Luther is in the middle of his home gym holding a dumbbell and doing bicep curls. His black tank top shows his bare arms and the tattoo on his bicep which has a black snake with the word Trailblazer.

Outside, Luther moves around the outdoor area of his backyard where there is a table and chairs. He is wearing a rash vest.

**Luther:** I love swimming.

Audio Description: In the pool Luther wears black goggles as he swims with a breast-stroking motion with his arms. His feet are in light black shoes and do a subtle patter kick.

**Luther:** When I finish the workout, I feel strong and empowered.

Audio Description: Luther’s coach, Sandra is on the side of the pool, looking on as he does laps. When he comes to the side, she kneels down to talk to him. He smiles as he looks around to the sun.

**Luther:** I love going out to the gym, working out.

Audio Description: In the local Busselton gym, Luther is wearing boxing gloves and punches at diagonal pads that his support worker Bill holds across from him. On the chest press machine he does a number of repetitions with another gym member looking on and Luther’s Bill counting each one. Luther swaps to work out on the stationery bike and smiles as he pedals and sways slightly to the side.

Back at home, Luther is sitting in his colourful lounge-room speaking directly to camera. He is wearing a grey t shirt that says Busselton Jetty Swim 222

**Luther:** I've done the Busselton Jetty Swim. I love to challenge myself.

Audio Description: Luther wears a full length black wetsuit and swimming cap, and has a snorkel and mask on his lap. He is being pushed in a beach wheelchair with oversized wheels. His physio, mentor, and friend Anna, also in a wetsuit, pushes him on a path leading to a boardwalk over the crystal blue ocean, with the Busselton Jetty off to the right. In the water he swims a steady freestyle with the Anna close by.

**Luther:** I’m a Personal Trainer: I’ve been training people for a few years.

Audio Description: Luther reads a clip board with an exercise schedule. He supervises his middle aged client Dylan who does bicep curls with a green dumbbell. Then Luther demonstrates with the dumbbell.

Luther encourages Dylan as he squats onto a bench and after, runs on the spot. In the background is a large business sign with a logo of an arm with a large bicep and the words: lutherfrostbarnespt Never Give Up.

**Luther:** Keep going Dill. Good Job.

Audio Description: Inside Luther’s living room, Luther and Brad do a variety of stretches, weights and planks as they work out on exercise mats

A mobile phone mounted to a stand on the ceiling shows Luther’s Live Instagram feed video as the two work out.

**Luther:** I also run live PT sessions on Instagram. I have a few clients following me. I love running my own business. Everything is low down for me and I can get stuff easily. Luther: I train people, and teach technique.

Audio Description: Back in the home gym, Dylan is seated doing weights. He works hard and Luther gives him a high five when he has completed his set.

As Dylan does tricep curls bending at the waist, Luther holds a broom stick close to Dylan’s knees to keep him in position.

**Luther**: ”Two”. ”Three”. “You’re doing good Dyl”.

Audio Description: Luther wheels up an incline into his kitchen.

Luther: My home is made for me. My kitchen floor is raised, so I can go up into my kitchen.

Audio Description: Luther is in front of his thermomixer on the kitchen bench. There is a banana resting next to the machine as he turns it on and cracks an egg and , to make his smoothie.

**Luther:** I love having other people around. I love to make people feel welcome.

Audio Description: Luther presses a button on his security screen to let people in. In the kitchen he hugs one of his visitors, a blonde haired woman in a blue jumper as her daughter stands behind. He makes coffee for everyone with his coffee machine.

Audio Description: Luther sits chatting in the lounge-room with five guests including three teenagers.

**Luther:** I have drinks every Friday with friends.

Audio Description: Luther and his friends, two men and a woman, sit at a table on the deck area of the Busselton Brewery under a red umbrella. They share a joke and cheers with their pint glasses.

Back at home, wheels himself up to the fridge and heads back to the living room with a bowl of food on his lap.

**Luther:** Living here gives me freedom. I love my lifestyle.

Audio Description: Luther grabs the remote, points it to the TV and presses it on.

**Text on screen:**

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Underneath are the logos for: WAIS (WA’s Individualised Services; Kin (Know What’s Possible) and PWDWA (People with Disabilities Western Australia)