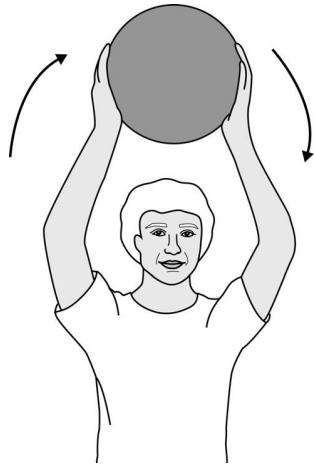
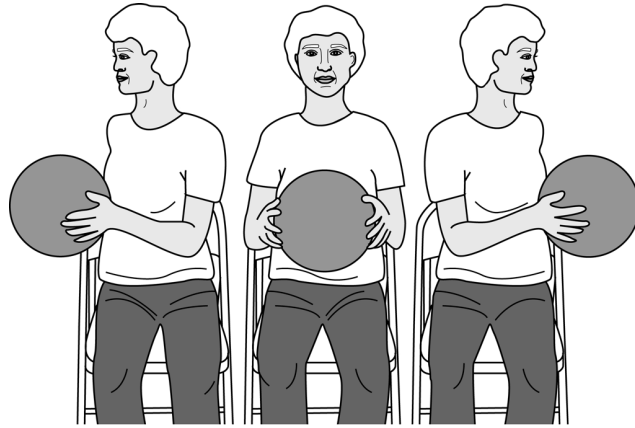


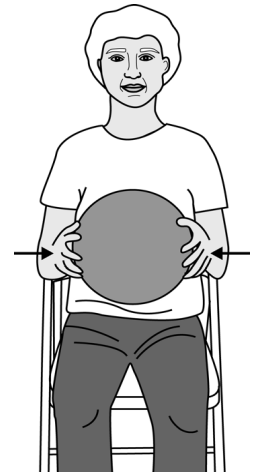
# CHAIR EXERCISES



**Arm Circles**



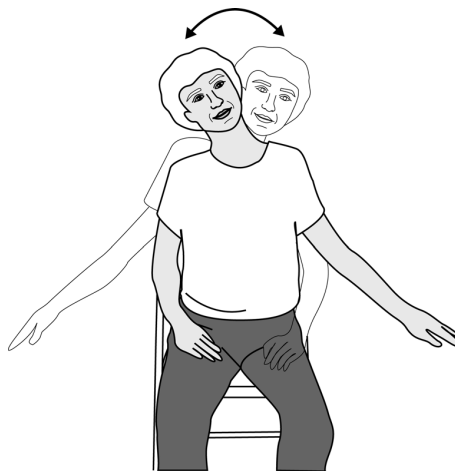
**Tummy Twists**



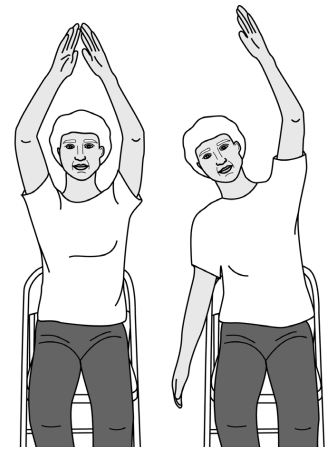
**Hand Squeeze**



**Trunk Flexion**



**Neck Stretch**



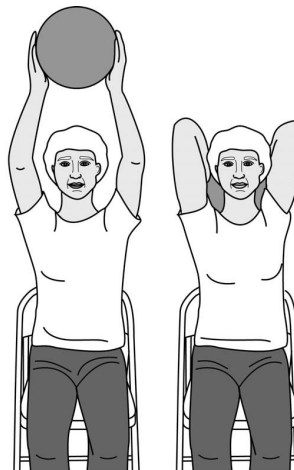
**Side Bend**



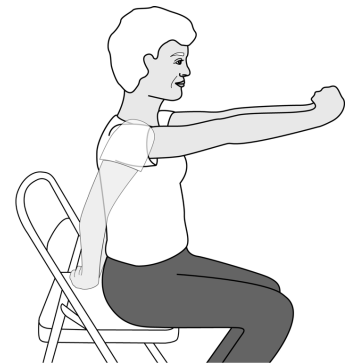
**Chest Press**



**Shoulder Raise**

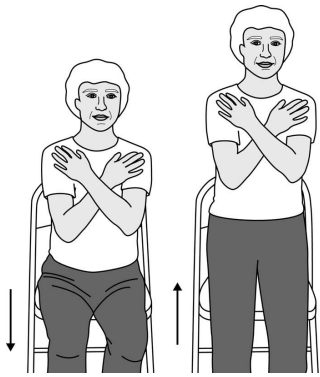


**Triceps Extension**

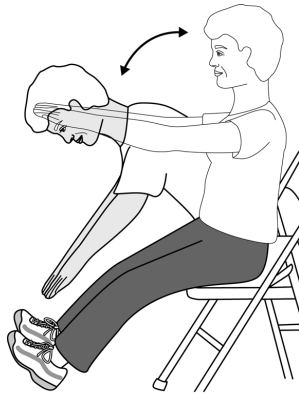


**Upper Body Stretch**

# CHAIR EXERCISES



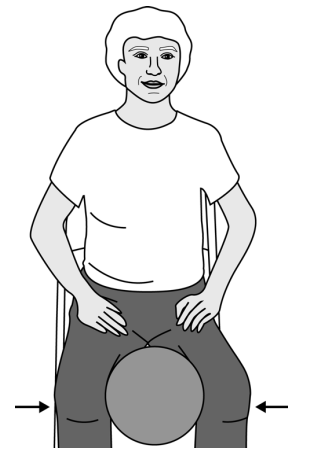
**Chair Stand**



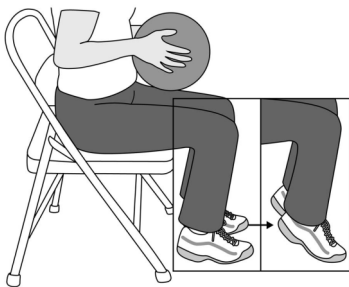
**Sit and Reach**



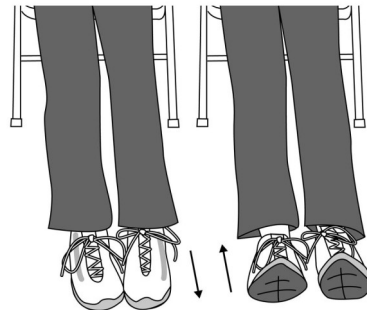
**Knee Extensions**



**Inner Thigh Squeeze**



**Heel Raise**



**Shin Strengtheners**



**Duck Wing**



**Elbow to Knee**



**Inner Thigh Stretch**



**Rear Leg Extension**



**Plies**



**Side Leg Lift**