

Chair Exercises for Seniors

Single Limb Stance



Walking Heel to Toe



Rock the Boat



Clock Reach



Back Leg Raises



Single Limb Stance with Arm



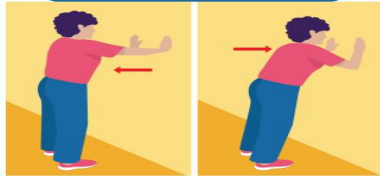
Side Leg Raise



Balancing Wand



Wall Pushups



Marching in Place



Toe Lifts



Shoulder Rolls



Hand and Finger Exercises



Calf Stretches

