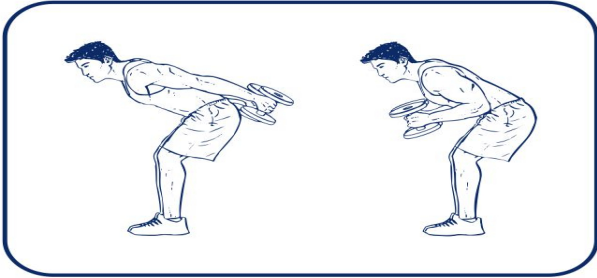
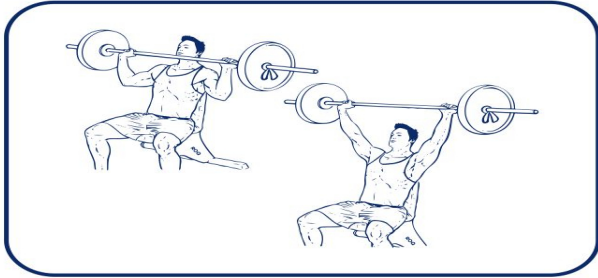


# Chair Gym Leg Exercises

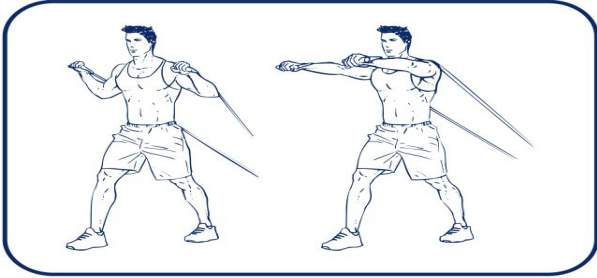
Bent Over Double Arm Tricep Kickbacks



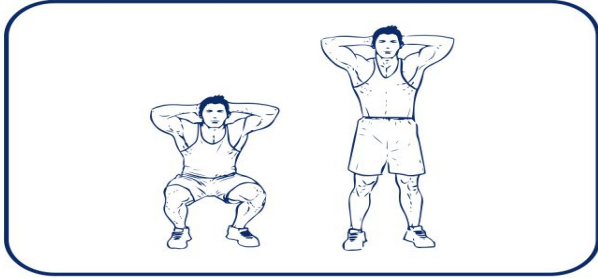
Barbell Shoulder Press



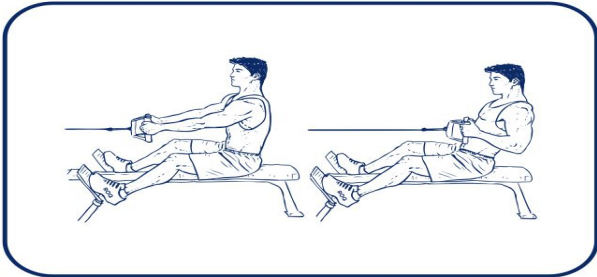
Resistance Band Chest Press



Bodyweight Squats



Low Cable Back Rows



Barbell Lunges

