

Seated Exercise Activity for Seniors

Chair March



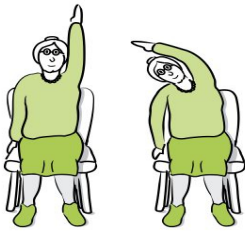
Arm Swings



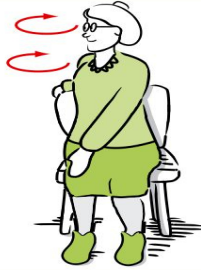
Chest Stretch



Arm Reaches



Body Twist



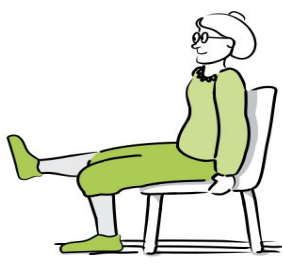
Leg Stretch



Knee Taps



Leg Extend



Leg Circles

