

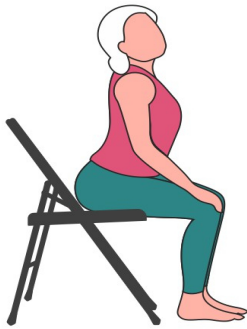
# Chair Exercises for Elderly



**Seated  
Extended  
Side Angle**



**Seated  
Forward  
Bend**



**Seated  
Cow**



**Seated  
Cat**



**Seated  
Pigeon**



**Seated  
Stretch**