

Safe and Effective Exercises for Seniors at Home

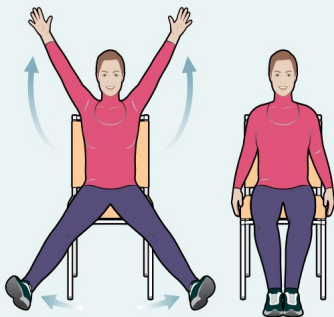
GET READY



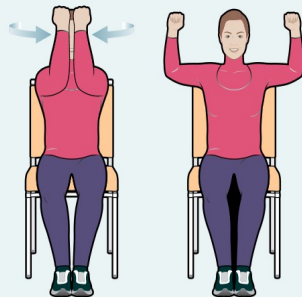
MARCH IN PLACE



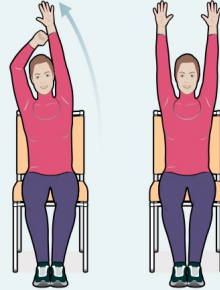
SEATED JUMPING JACK



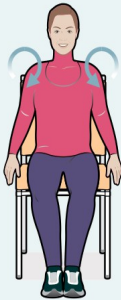
DO THE PEEKABOO



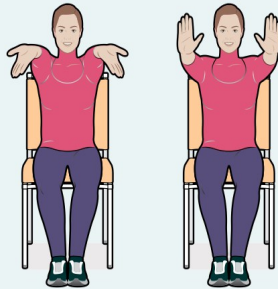
RELEASE SOME TENSION



MOVE YOUR JOINTS



FOCUS ON EXTREMITIES



GET HEAVY

