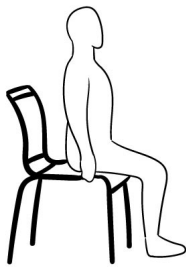


CHAIR EXERCISES

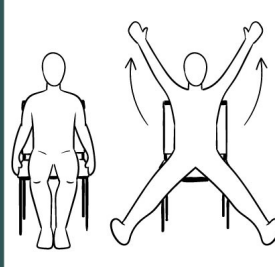
GET READY



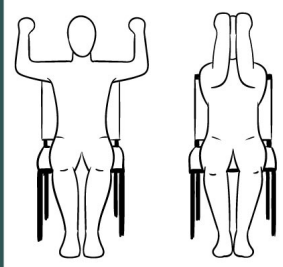
MATCH IN PLACE



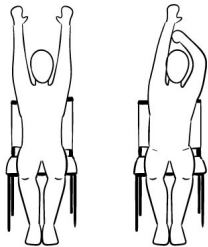
SEATED JUMPING JACK



DO THE PEEKABOO



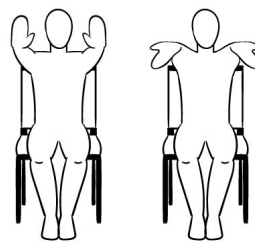
RELEASE SOME TENSION



MOVE YOUR JOINTS



FOCUS ON EXTREMEITIES



GET HEAVY

