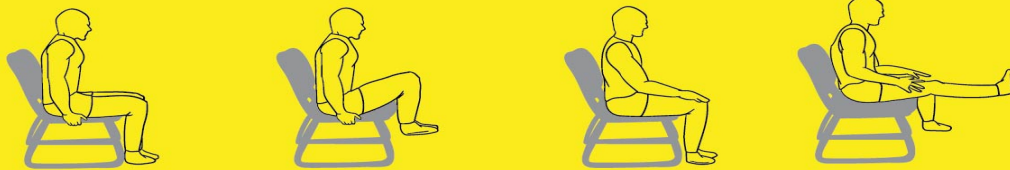


CHAIR YOGA

LEVEL 2/CLASS 3

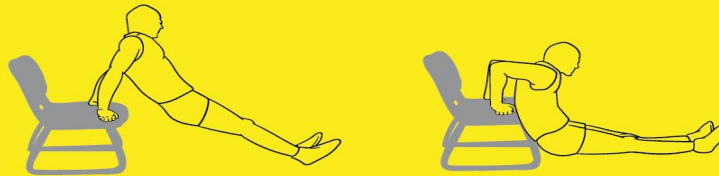


20 chair pistol squats



20 knee crunches

20 leg extensions



20 chair tricep dips