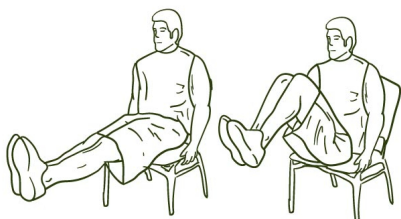
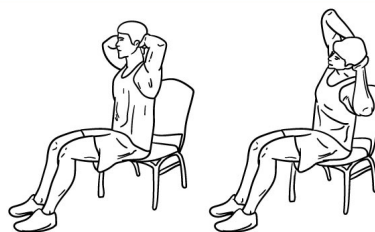


CHAIR GYM EXERCISES

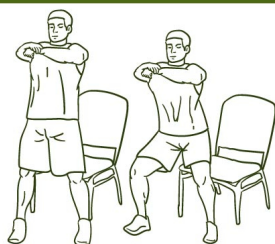
LEVEL I SETS LEVEL II 5 SETS LEVEL III 7 SETS REST UP TO 2 MINUTES



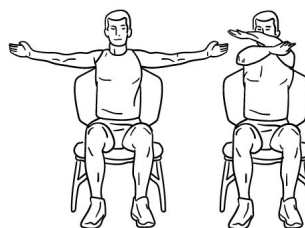
10 knee pull-ins



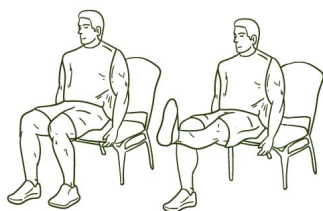
20 oblique bends



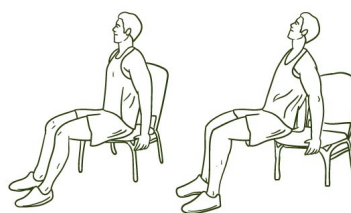
20 chair squats



40 criss-cross arms



40 leg extensions



10 chair body lifts