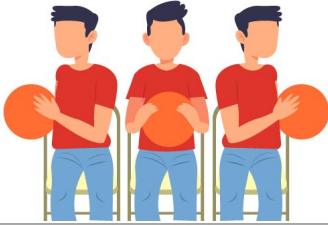


# CHAIR EXERCISES CHART

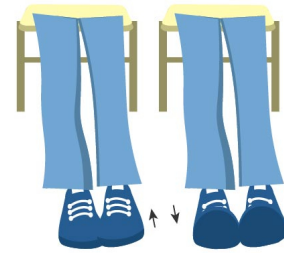
**TUMMY TWISTS**



**HAND SQUEEZE**



**SEATED SHIN STRENGTHENER**



**BACK MASSAGE**



**NECK STRETCH**



**BALL CHEST PRESS**



**FRONT ARM RAISES**



**KNEE EXTENSIONS**



**SIT AND REACH**

