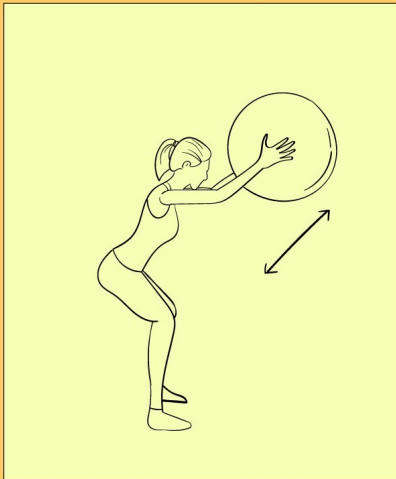
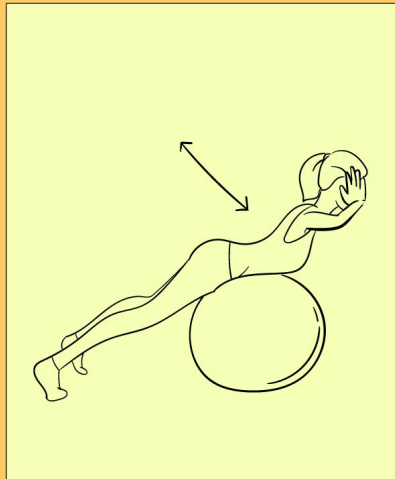


Chair Gym Exercises

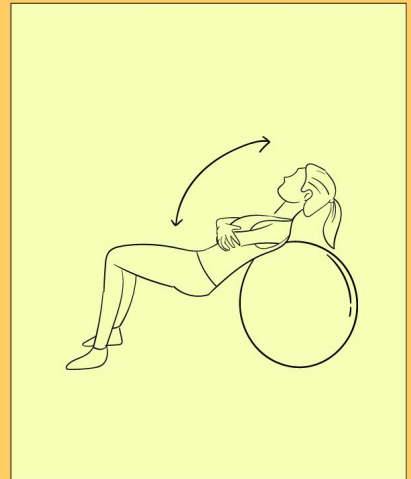
OVERHEAD SQUAT



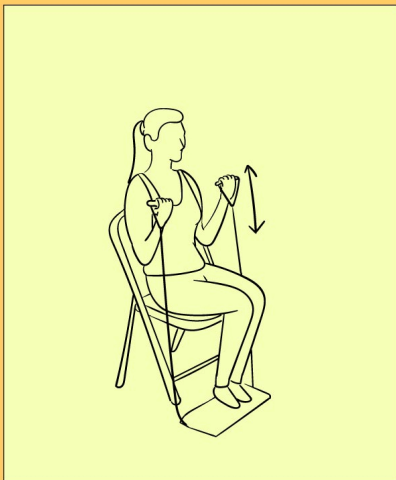
LOWER BACK



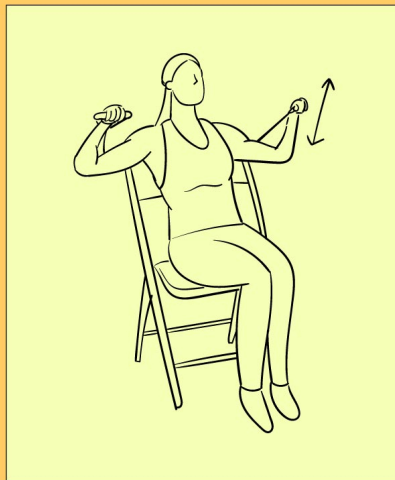
HIPS RAISE



BICEP CURL



INCLINE CHEST PRESS



DECLINE CHEST PRESS

