

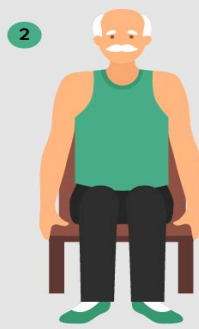


Chair Exercises For Senior

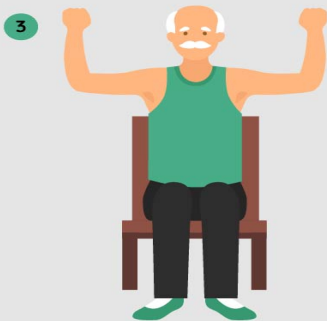
EASY



1
March in place



2
Seated Jumping Jack



3
Do The Peekaboo



4
Release Some Tension

