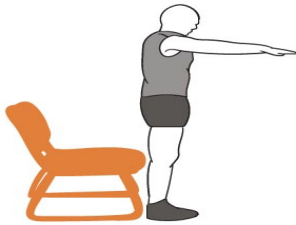


# CHAIR YOGA

LEVEL 2/CLASS 3



**20** chair tricep dips



**20** chair pistol squats



**20** knee crunches



**20** leg extensions