

Seated Bicep Curl



Seated Lateral Raise



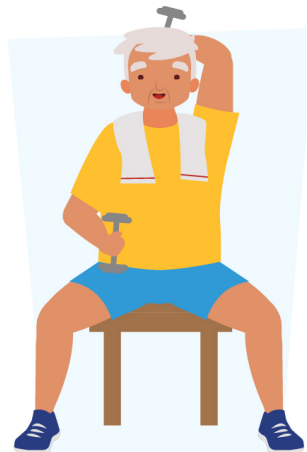
Seated Chest Press



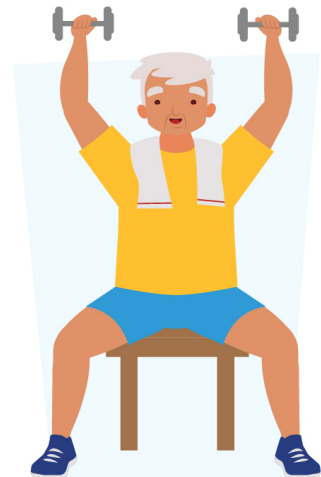
## Seated Dumbbell Workout for Seniors



Seated Front Raise



Seated Tricep Extension



Seated Shoulder Press