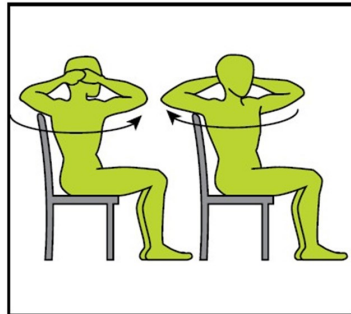


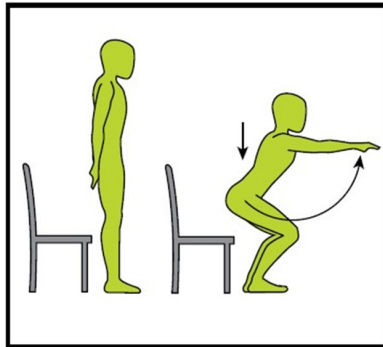
SEATED MARCHES

Sit on the chair with your back straight. Bend your legs at the knees and “run” on the spot with short, quick steps as fast as you can for 15–20 seconds.



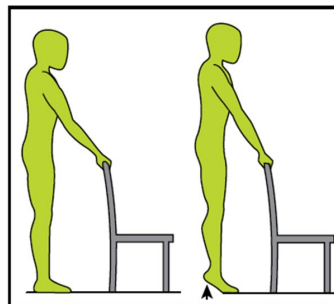
SEATED TORSO TWISTS

Sit on the edge of the chair, bend your legs at the knees, and lean slightly back without rounding your spine. Bend your arms so your elbows are level with the bottom of your ribcage. Pull your navel in and twist slowly to the left. Inhale and twist to the right. Repeat the exercise dynamically 20 times total.



CHAIR SIT AND STAND

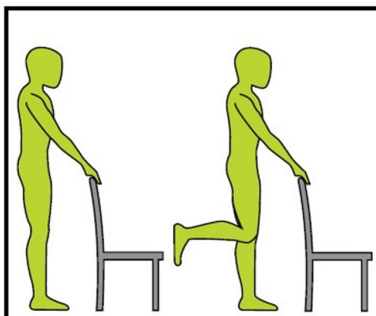
Stand in front of the chair with your legs shoulder-width apart. Squat down like you are sitting on the chair but without actually touching it. Maintain a proper position: back straight, knees above the feet, weight on the heels. Straighten your legs to go back to the starting position. Repeat the movement 10–15 times.



STANDING CALF RAISES

Stand up behind your chair and hold on for support. Raise your heels off the floor until you are standing on your toes. Slowly lower yourself back to the floor.

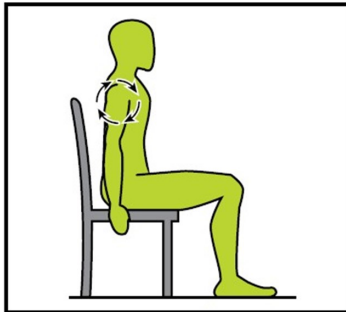
Perform 12–15 times.



STANDING LEG CURL

Stand behind your chair and hold onto it for support. Keep your body straight and firm. Start by raising one foot up to your backside and then lowering it down. Repeat the process for 10–15 times, and then switch to the other leg and repeat.

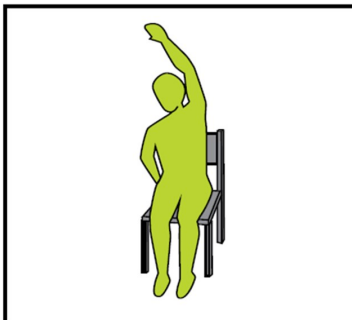




SEATED SHOULDER ROLL

Raise both shoulders up toward your ears, then slowly roll them backward. Repeat, rolling forward. Sit tall and do not allow your upper back to round.

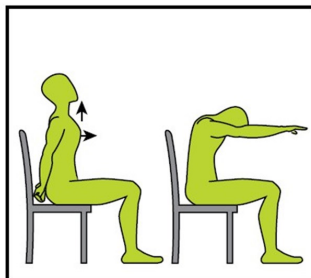
Complete this two times in both directions.



SEATED LEAN STRETCH

Sit up tall and raise your arm. Bend toward your left side reaching with your right hand overhead and hold for 10–15 seconds.

Repeat to other side for two sets.



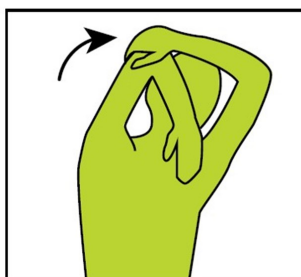
SEATED CHEST AND BACK STRETCH

Clasp your hands behind your lower back. Push your chest outward, and raise your chin.

Hold this stretch for 10–15 seconds with deep breaths. Perform two sets.

Hold your arms out straight in front of you, palms facing down. Lower your head in line with your arms, and round your upper back while looking down toward the floor.

Hold this stretch for 10–15 seconds with deep breaths. Perform two sets.

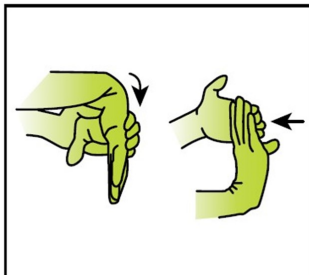


SEATED TRICEP STRETCH

Raise one arm and bend it so that your hand reaches to touch the opposite shoulder blade. (It's okay if you can't reach it.)

Use your other hand and pull your elbow toward your head.

Hold this stretch for 10–15 seconds while taking deep breaths. Repeat on the other side for two sets.



WRIST/FOREARM STRETCH

Stretch your arm out in front of you. Slowly, point your fingers down until you feel a stretch. Use the other hand to gently pull the raised hand toward the body. Hold this position for 3–5 seconds.

Point your fingers toward the ceiling until you feel a stretch. Use the other hand to gently pull the raised hand toward the body. Hold this position for 3–5 seconds.

Repeat this stretch two times in each direction.