



Chair Exercises For Senior

EASY

1



March in place

2



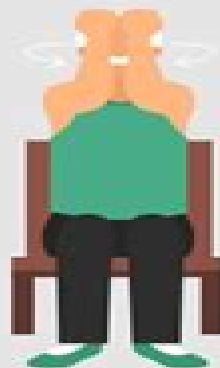
Seated Jumping Jack



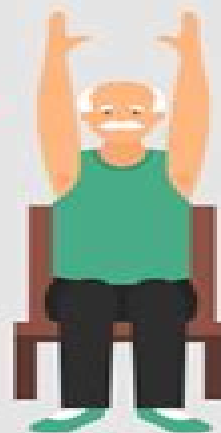
3



Do The Peekaboo



4



Release Some Tension



Seated Exercise For The Elderly Manual

Clemens Wendtner



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