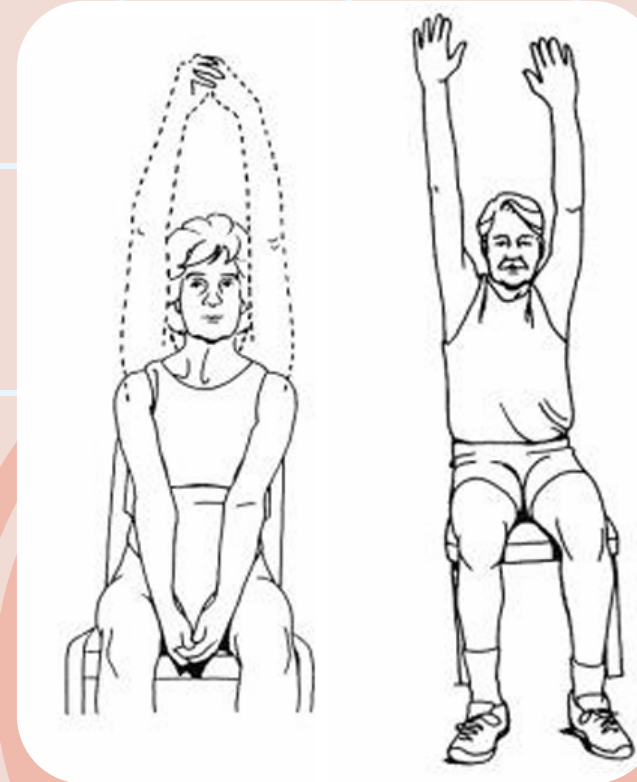


CHAIR EXERCISES

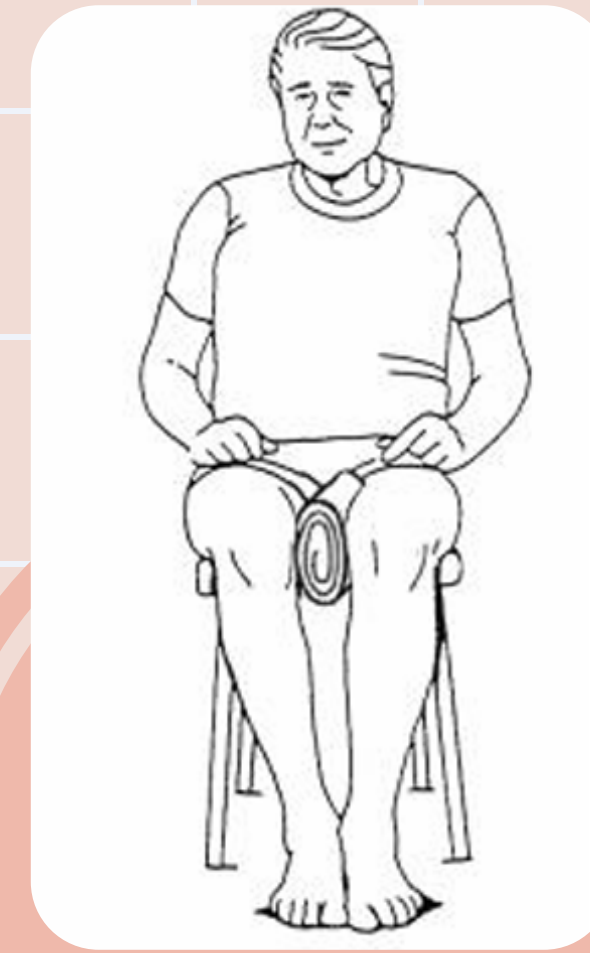
General guidelines:
hold for 3-seconds; 10-Repetitions; 3-sets; 1x/day



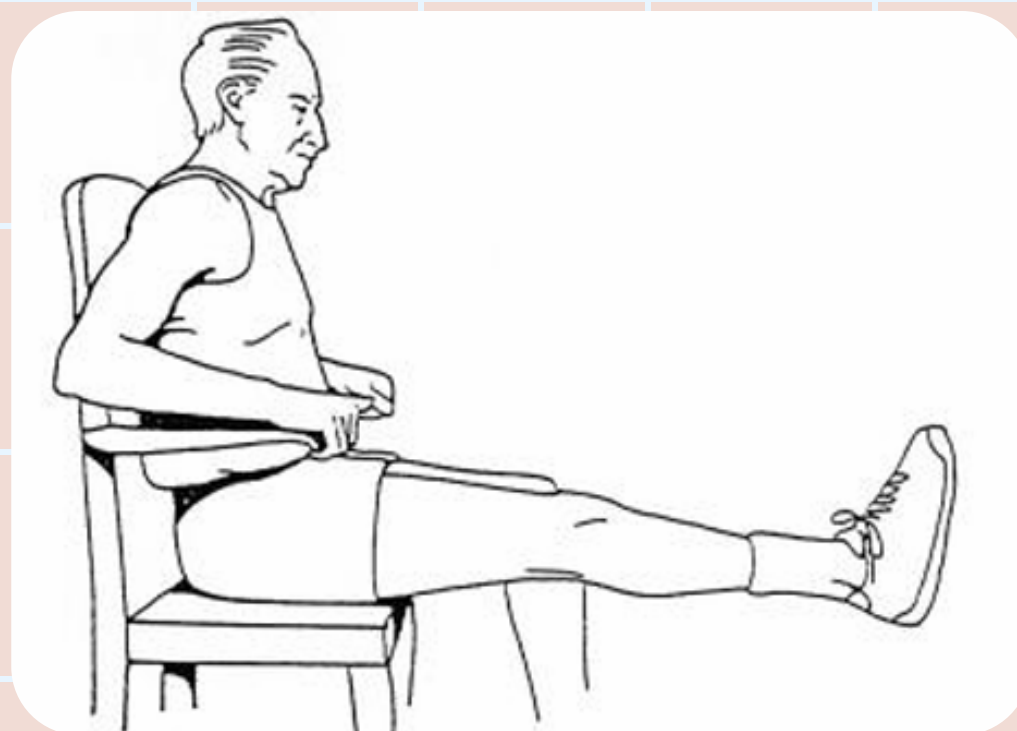
GLUTE SQUEEZE



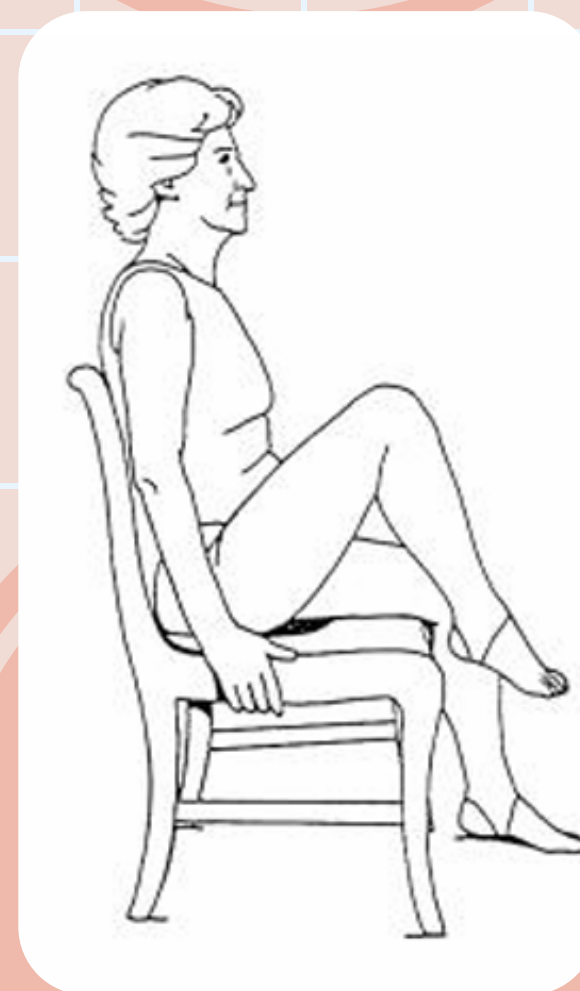
ARMS ABOVE HEAD



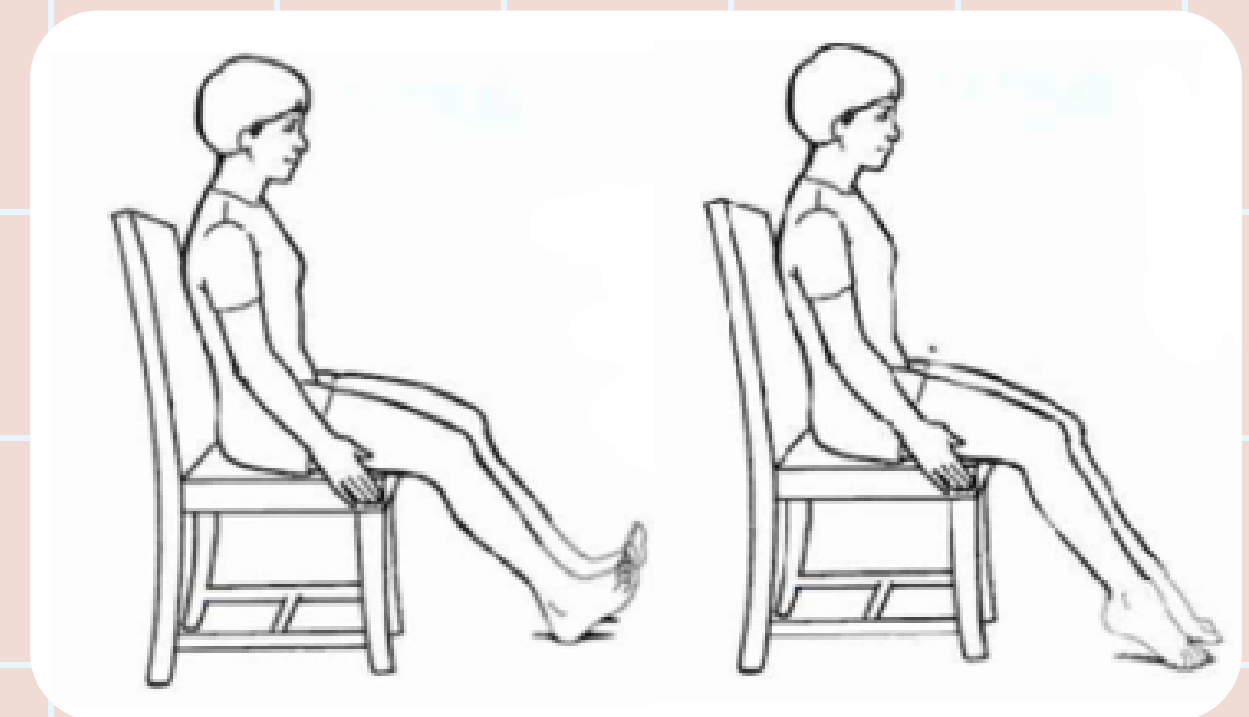
TOWEL SQUEEZE WITH KNEES



KNEE EXTENSION



MARCHING



HEEL-TOE RAISES