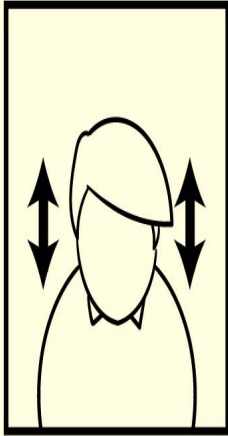
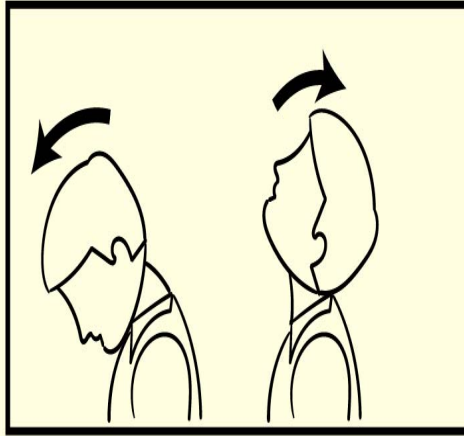


# EXERCISE WITH CHAIR



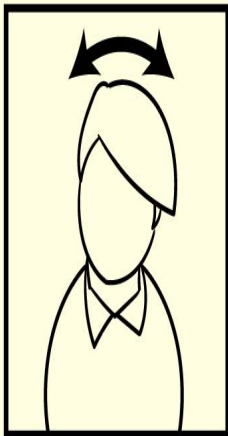
SHOULDERS

3-5 SECONDS/3 TIMES



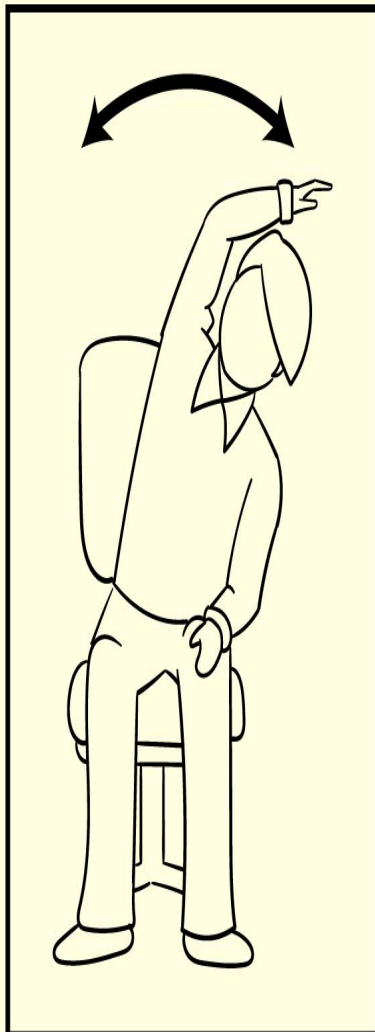
HEAD UP AND DOWN

5-10 SECONDS/3 TIMES

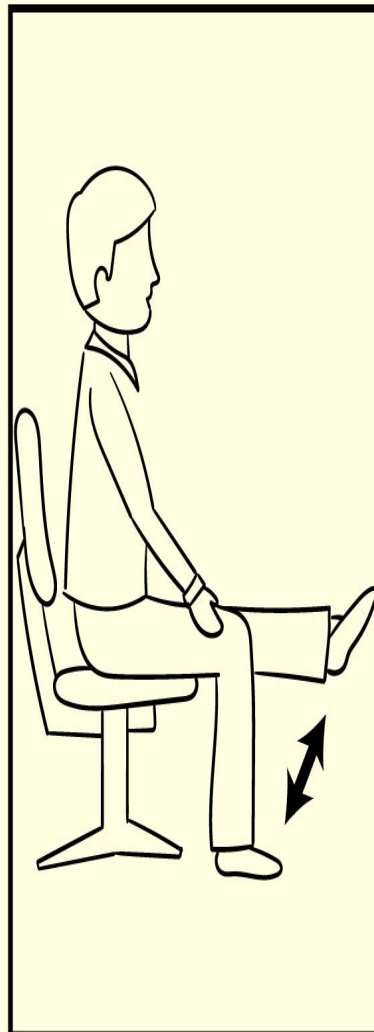


NECK

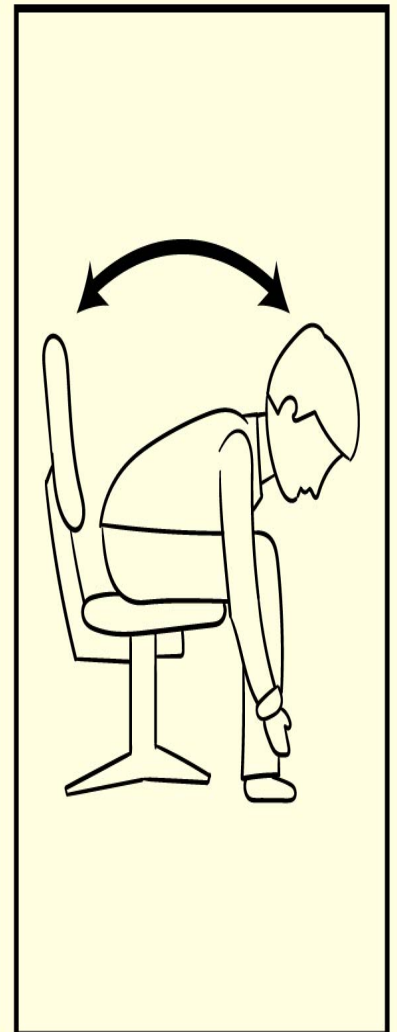
5-10 SECONDS/5 TIMES



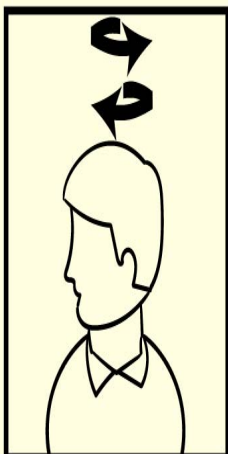
BEND



UP-DOWN LEGS



BEND FORWARD



TURN HEAD

5-10 SECONDS/3 TIMES