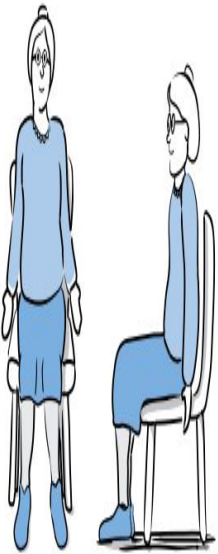
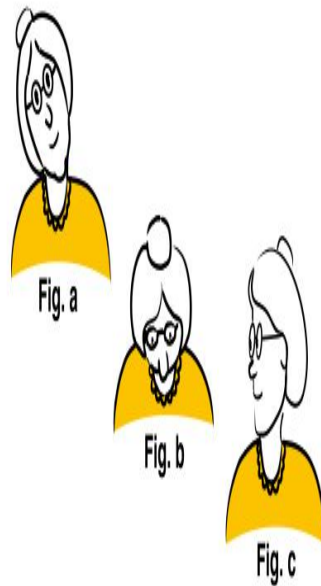


Pilates Chair Exercise for Senior

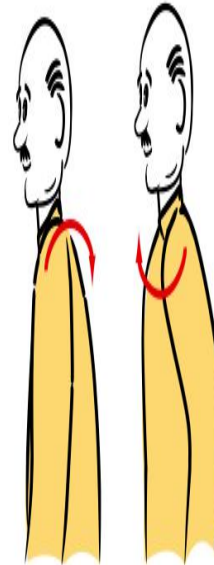
Sit Tall



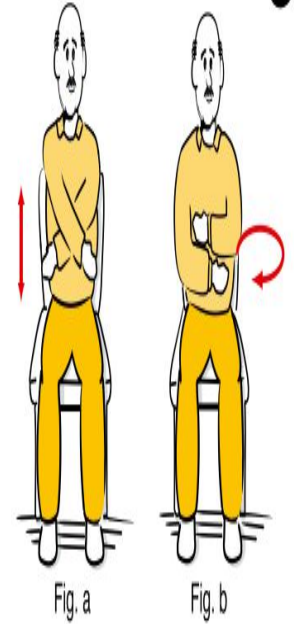
Neck Tilts & Turns



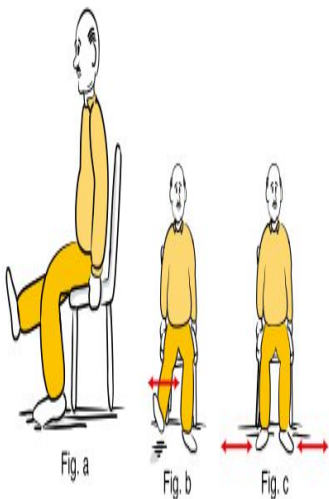
Shoulder Circles



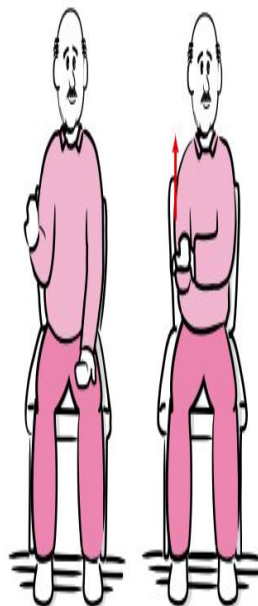
Criss Crossing



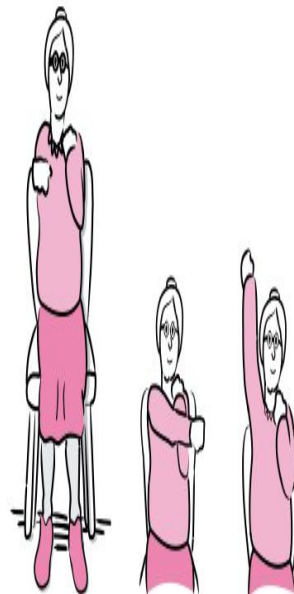
Knees and Hips



Bicep Curl



Boxer



Sit to Stand

