

CHAIR ACTIVITY

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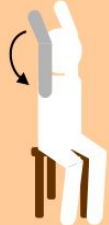
Chest Press



Elbow Press



Chest Stretch



Arm Reach



Arm Circles



Tummy Twists



Shin Strengthener



Neck Stretch



Elbow to Knee



Balancing Toe Taps



Heel Raises



Reach & Bend



Arm Raise



Shoulder Flex



Knee Extension



Sit & Reach