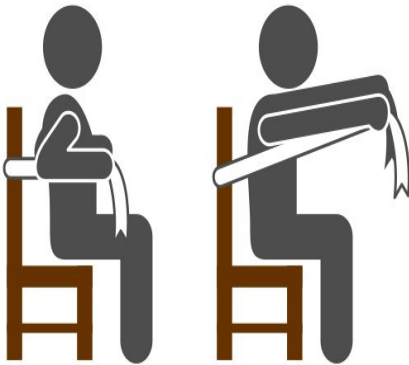


# Seated Resistance Band Exercises for Seniors

Seated Chest Press



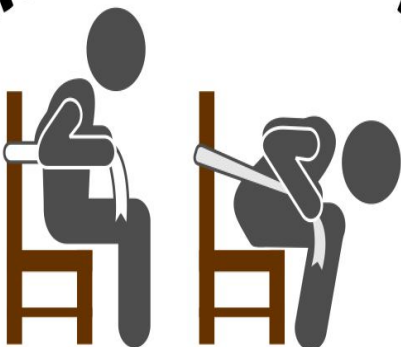
Seated Leg Press



Seated Leg Press



Seated Abdominal Press



Seated Lateral Raise

