

# EASY CHAIR WORKOUT

FOR SENIORS



Overhead  
Arm Raises



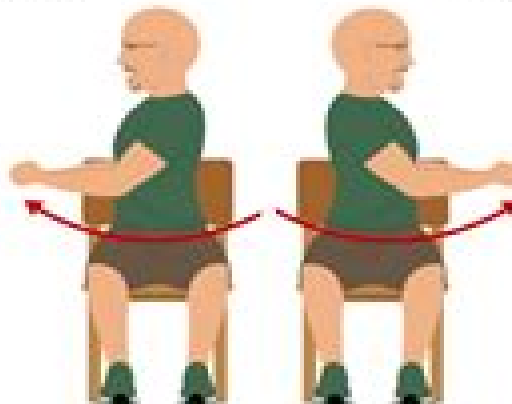
Leg Lifts



Knee Lifts



Thigh Squeeze



Tummy Twist



Row

**PERFORM 2-3X PER WEEK**

# Sas In The Chair Exercise

**Michael Rajnik**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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