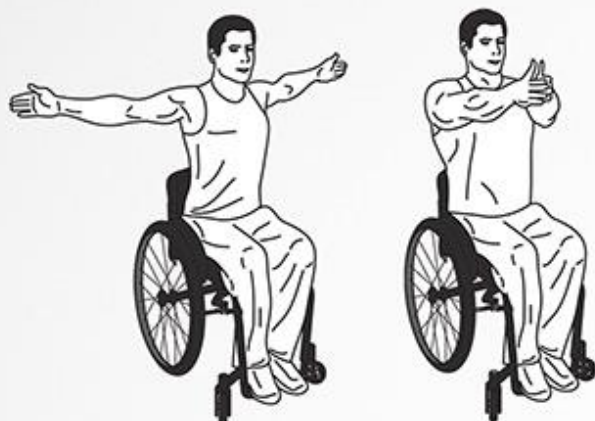


Chair Exercises

WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets

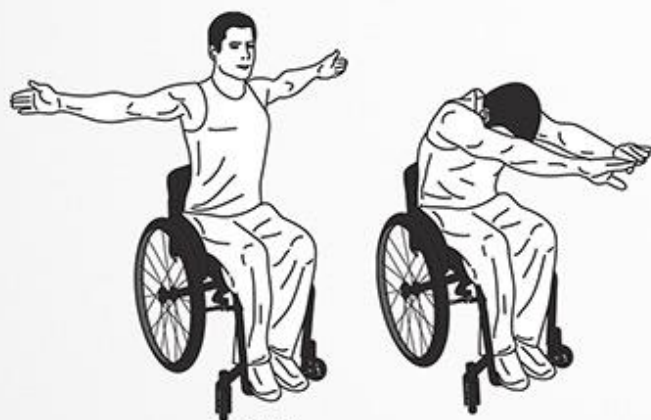
www.nhs.uk **NHS** choices



20 chest expansions



20 side arm raises



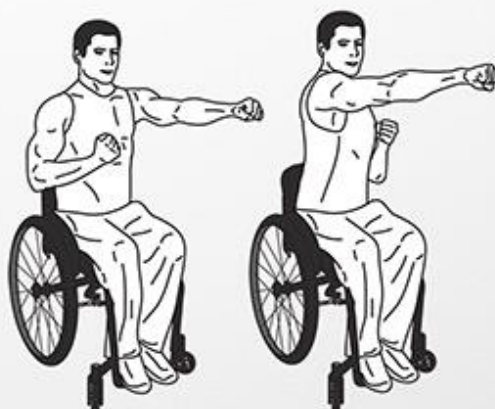
10 dives



10 raised arm circles
5 clockwise / 5 counterclockwise



20 overhead punches



20 punches