

Arm circles(1)



Leg Lift and Twist(2)



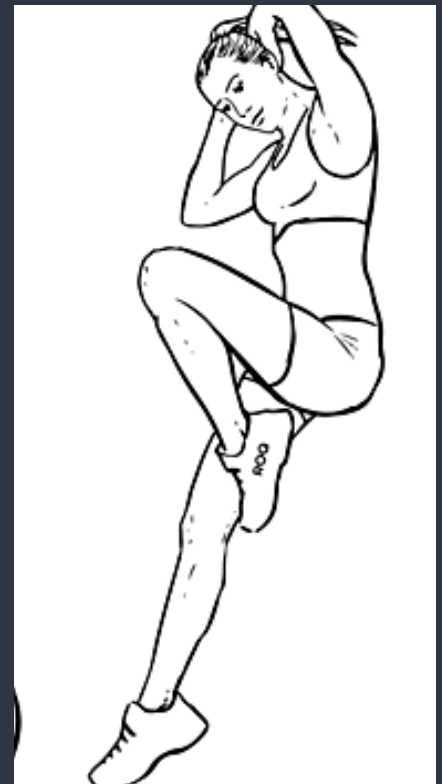
Skater Switch(3)



Sitting Jacks(4)



CHAIR CARDIO EXERCISE GUIDE



Bicycle Crunches(7)



Sit Rope(5)



Chair Running(6)

- 1) 30-60 SEC INTERVALS
- 2) 20 REPS
- 3) 30 REPS
- 4) 30 REPS
- 5) 30 REPS
- 6) 30-60 SEC INTERVALS
- 7) 30-60 SEC INTERVALS