

Chair Activity

B • I • N • G • O



Arm Raise



Shoulder Flex



Knee Extension



Sit & Reach



Arm Circles



Tummy Twists



Shin Strengtheners



Neck Stretch



Chest Press



Elbow Press



Chest Stretch



Arm Reach



Elbow to Knee



Balancing
Toe Taps



Heel Raises



Reach & Bend