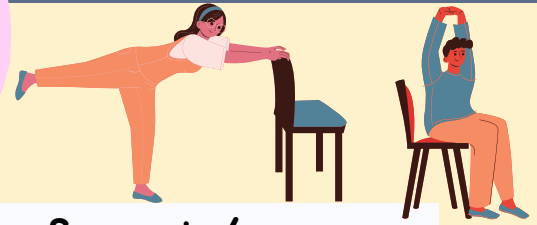


5-DAY CHAIR EXERCISE WORKOUT PLAN FOR SENIORS



MONDAY

Senior-Friendly Core Supersets /
Chair Cardio Exercises

TUESDAY

Giant Set Leg Workout

WEDNESDAY

REST DAY

THURSDAY

10-Min Upper Body Workout for Beginners

FRIDAY

Best Oblique Chair Exercises /
Lower Body Tri Set Workout

SATURDAY

REST DAY

SUNDAY

Total Body Tri Set Workout /
Beginner Full Body Dumbbell Workout

JUSTFIT!