

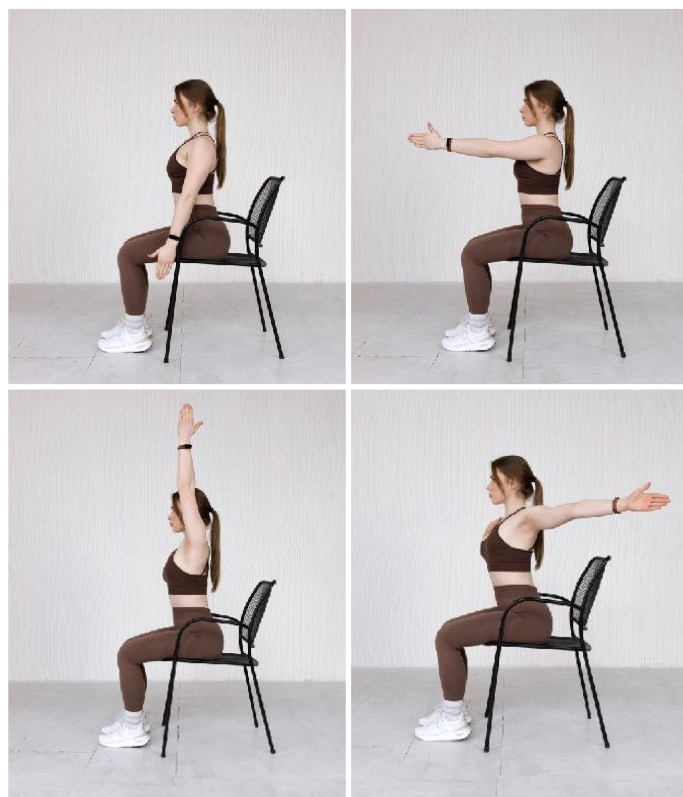
WARM-UP SEQUENCES

Exercise Chart

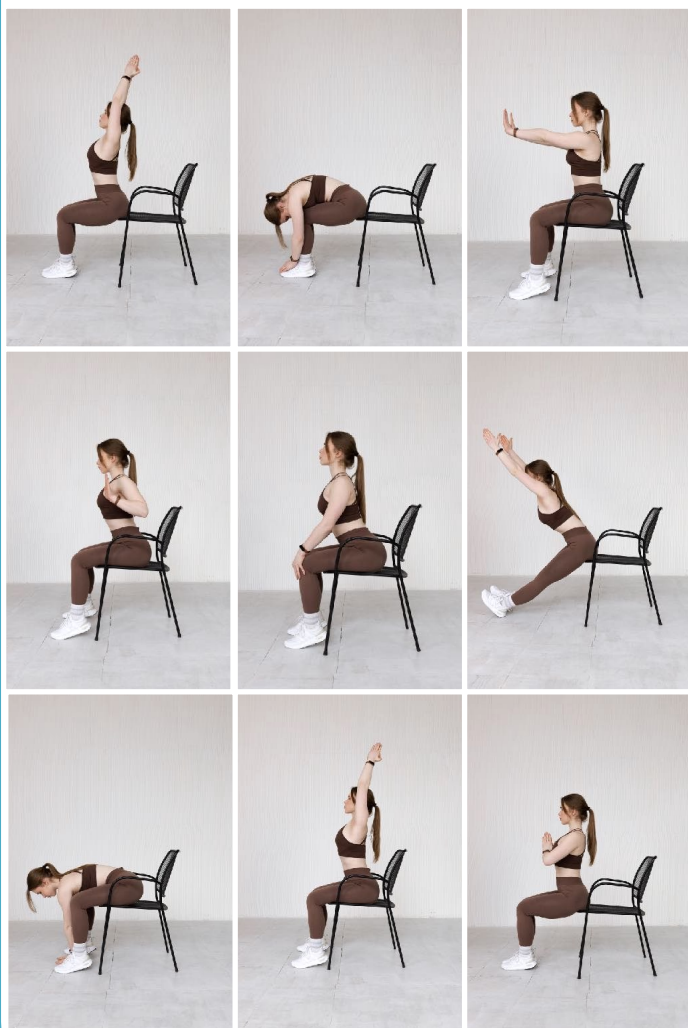
1. Gentle Cat-Cow



3. Gentle Arm Circles



2. Serene Sun Salutations



4. Seated Spinal Twist



5. Warrior 2



9. Advanced Rag Doll



6. Reverse Warrior



10. Ankle To Knee Stretch



7. Extended Side Angle



11. Goddess With A Twist



8. Chest Opening



12. Seated Forward Fold



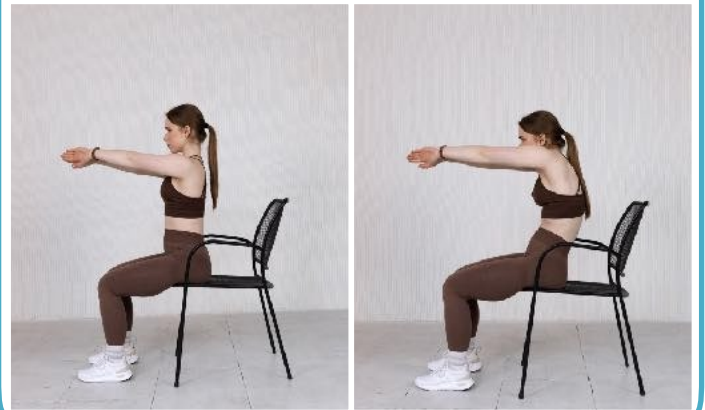
UPPER BODY STRENGTH AND FLEXIBILITY

Exercise Chart

1. Side Bend



4. Mid-Back Stretch



2. Mountain Pose with Arms Raised



5. Upward Hand Stretch



3. Easy Spinal Twist



6. Seated Upper Body Twist



7. Seated Camel Pose



8. Modified Push-Ups Progression



9. Chair Eagle



10. Upper Body Circles



11. Seated Forward Fold



12. Seated Happy Baby



LOWER BODY STRENGTH AND FLEXIBILITY

Exercise Chart

1. Seated Toe Taps



4. Seated Hip Opener



2. Seated Heel Raises



5. Seated King Arthur's Pose



3. Quad Stretch



6. Seated Hamstring Stretch



7. Seated Modified Low Lunge



8. Seated Leg Extension



9. Dynamic Leg Bends



10. Advanced Bicycle Crunches



11. Advanced Extended Staff Pose



12. Advanced Chair Pose



CORE ACTIVATION AND BALANCE Exercise Chart

1. Seated Bridge Pose



4. Gentle Forward Fold



2. Seated Leg Lifts



5. Seated Knee-to-Chest



3. Seated Side Bend



6. Reverse Plank on a Chair



7. Seated Knee-to-Elbow Twist



10. Seated Forward Roll-ups



8. Dynamic Twist Fusion



11. Knee Tuck Progression



9. Extended Leg Raises



12. Chair Side Plank on a Chair



MUSCLE TONING FOCUS

Exercise Chart

1. Seated Goddess Flow



4. Chair Tree Pose



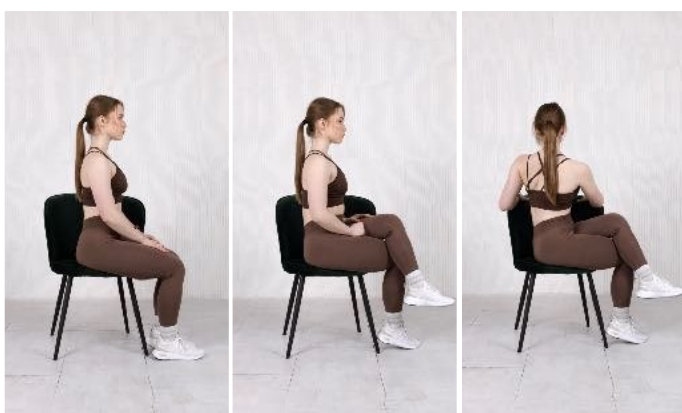
2. Seated Triangle on a Chair



5. Seated Palm Tree



3. Seated Gentle Twist



6. Elevated Downward Dog Flow



7. Modified Bird Dog Symphony



8. Seated Gait Awareness



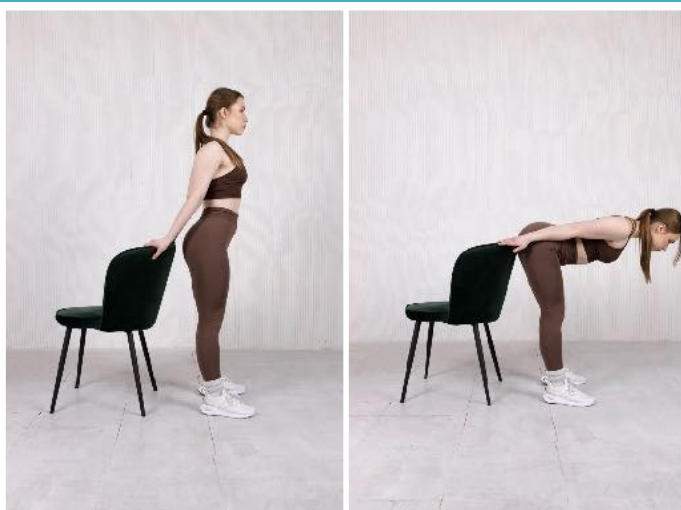
9. Extended Side Angle Pose



10. Extended Seated Wide-Legged Forward Fold



11. Advanced Standing Wide-Legged Forward Bend



12. Elevated Warrior Pose

