



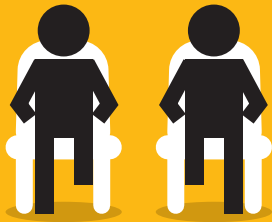
# Foundation



## Head 4 Health: Chairobic Exercises

Try these chairobics exercises:

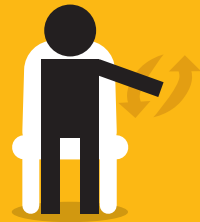
- 30 seconds each
- Aim for 2-3 sets



March on the spot



Arm Circles (L)



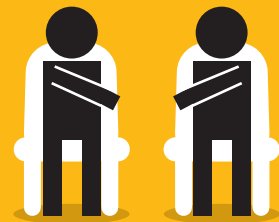
Arm Circles (R)



Air Punches (up)



Air Punches (side)



Arm Punches (across)