

Chair Exercises

WORKOUT © darebee.com

3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS** choices



20 chest expansions



20 side arm raises



10 dives



10 raised arm circles
5 clockwise / 5 counterclockwise



20 overhead punches



20 punches

The Best Wheelchair Exercises For Total Fitness

Morc Coulson



The Best Wheelchair Exercises For Total Fitness:

Delve into the emotional tapestry woven by Crafted by in Experience **The Best Wheelchair Exercises For Total Fitness** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

http://www.frostbox.com/public/Resources/default.aspx/Social_Studies_Lesson_Plan_Template.pdf

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