

# 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



**M Planty**

## **The Best Wheelchair Exercises For Total Fitness:**

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