

Full Body Workout

Seated Tap Dance

Sit with your knees bent and feet on the floor. Extend one leg, & tap your heel on the ground. With your leg still extended, point your toes & tap them to the floor. Flex your foot, & tap your heel again. Return to the starting position, & start the opposite leg. Repeat 20 times



Chair Stands

Start sitting on sturdy chair, with feet flat on floor. Cross arms over your chest. Slowly stand up and sit back down on the chair. Repeat 10 times.



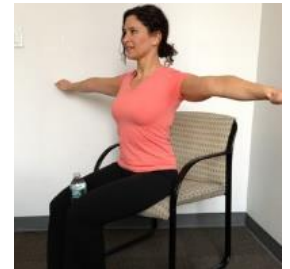
Wall Push Up

Face the wall, standing arm's length away. Feet shoulder-width apart. Lean body forward and put palms on wall at shoulder height. Bend elbows and lower body toward the wall and back up. Repeat 10 times.



Arm Circles

Stand or seat and raise your arms to shoulder height. Begin arm circles in 360 degree circles to the rear and back to your beginning position. Repeat 10 times, go in opposite direction



Single Leg Stand

Stand behind a steady chair and hold on to the back of it. Lift up your right foot and balance on your left. Hold that position for as long as you can, then switch feet.



Raising Heels

Stand using a chair to balance. Raise up on your toes as high as you comfortably can. Return to starting position and repeat 10 times.

