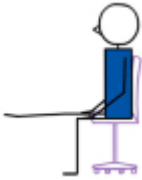
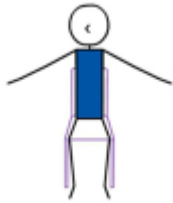
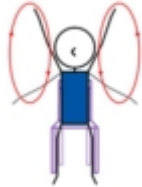
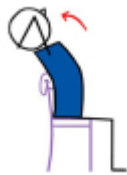
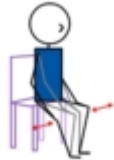

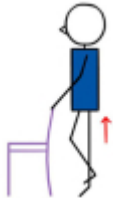




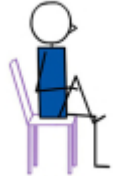







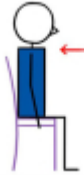

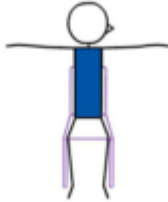





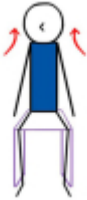
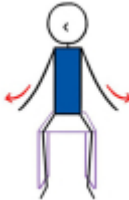






15 Minute Chair Challenge: Therapeutic + Gentle

| | | | | | |
|---|--|--|---|---|--|
|  <p>Chair Ankle Curl</p> |  <p>Chair Arms Lift</p> |  <p>Chair Arm Circles</p> |  <p>Chair Back Extension</p> |  <p>Chair Clam</p> |  <p>Chair Forward Bend</p> |
|  <p>Chair Calf Raise</p> |  <p>Chair Down Dog</p> |  <p>Chair Flying Crane</p> |  <p>Chair Hamstring Lift</p> |  <p>Chair Hamstring Stretch</p> |  <p>Chair Hip Flexion</p> |
|  <p>Chair Hip Hinge Fold</p> |  <p>Chair Knee Lift</p> |  <p>Chair Leg Stretch I</p> |  <p>Chair Leg Stretch II</p> |  <p>Chair Lunge</p> |  <p>Chair Lunge Reverse</p> |

| | | | | | |
|--|---|---|---|--|---|
|  <p>Chair Mermaid</p> |  <p>Chair Neck Retraction</p> |  <p>Chair Neck Incline</p> |  <p>Chair Neck Stretch</p> |  <p>Chair Neural Glide</p> |  <p>Chair Pelvic Elevator</p> |
|  <p>Chair Press Up</p> |  <p>Chair Reach For Sky</p> |  <p>Chair Ribs To Thighs</p> |  <p>Chair Shoulder Shrugs</p> |  <p>Chair Shoulder Squeeze</p> |  <p>Chair Side Bend</p> |
|  <p>Chair Sit Ups</p> |  <p>Chair Squat II</p> |  <p>Chair Abdominal Breath</p> | | | |

You can create lesson plans like this using the [Genie Lesson Planner](#)