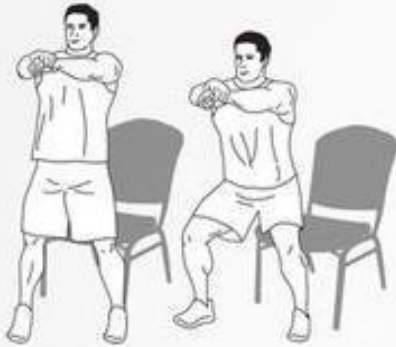


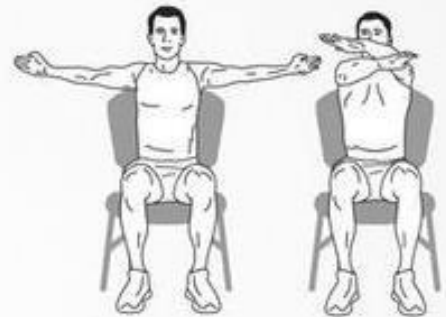
Office Exercises



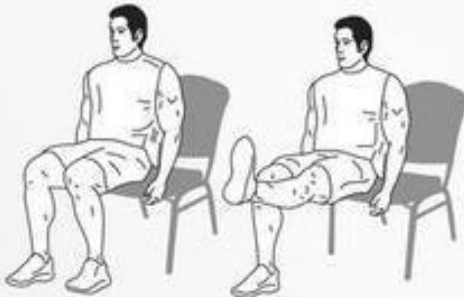
20 chair squats



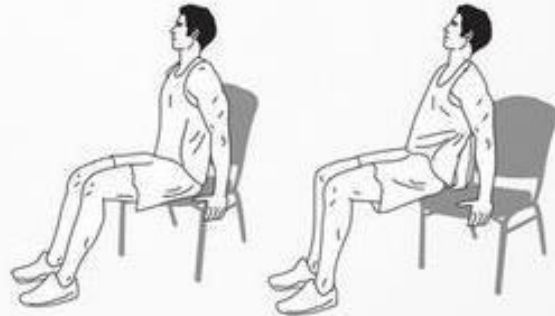
20 chest squeezes



40 criss-cross arms



40 leg extensions



10 chair body lifts



10 knee pull-ins



20 oblique bends